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HALIFAX metro®
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RYAN TAPLIN/METRO HALIFAX



▶ Will.i.am and Fergie from the Black Eyed Peas perform on the Halifax Common in July at Halifax Rocks 2010. Concert promoter Harold MacKay's company Power Promotional Events Inc. put on the show.

Promotions runs out of Power

Company behind numerous Halifax Common concerts goes under ◐ HRM says no to concerts on the popular greenspace next summer



ALEX BOUTILIER
@METRONEWS.CA

Promoter Harold MacKay says he doesn't know why this summer's concerts on the Common failed to bring people in.

"Those are the ones that hurt us," said MacKay, adding things have been tough all over for the concert industry this year.

While that may be true, it was this summer's Common concerts headlined by Black Eyed Peas and Alan Jackson that marked the first time MacKay's company, Power Promotional Events Inc., failed to pay the bills.

MacKay has been circulating an email to his creditors saying Power Promotional will not be able to make good on its debts.

In the email, MacKay wrote Power Promotions has experienced a "significant cash flow short fall" and the company "apologizes for not being able to fulfill (its) obligations."

"We're just telling people we closed shop and we're dealing with the creditors one on one," MacKay said yesterday.

RYAN TAPLIN/METRO HALIFAX



▶ Harold MacKay.

He refused to reveal the number of creditors owed and the dollar values.

"We're not giving the amounts out or nothing," he said.

MacKay has not released exact ticket sales for either concert, and says he is contractually obligated not to do so.

He continued to assert, however, the economic spinoff of the sometimes controversial events numbered in the "millions and millions" of dollars.

MacKay also said he hasn't given up on the promotions industry.

"We've learned a lot … it's hard to say what the future holds."

Construction

Power Promotions or not, there will be no concerts on the Halifax Common next summer due to the long-track speed skating rink currently under construction.

▶ "That speed skating oval is the size of three NHL surfaces , so it's pretty massive," said HRM spokeswoman Shaune MacKinlay. "It takes a lot of heavy equipment to build it and a lot to take it down. So we have quite a large area that has to be reclaimed and re-sodded ... before we're able to do anything large scale on that surface."

▶ The North Common remains a venue, however, with MacKinlay stating it could be ready for another concert as early as next fall.

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Centre plans to be unveiled today



ALEX BOUTILIER
@METRONEWS.CA

Rank Inc.'s proposal and business plan for a proposed new downtown trade and convention centre will be made public today — a full three months after the developer submitted the information to the province.

The province will hold a technical briefing for media at the World Trade and Convention Centre starting at noon. Nova Scotia's Department of Transportation and Infrastructure Renewal received the proposal in July.

Minister Bill Estabrooks took the remainder of the summer to look over the document before presenting it to cabinet last month.

Premier Darrell Dexter announced last Thursday the government would release the information early this week.

The announcement came three days after Halifax Chebucto MLA Howard Epstein revealed the developer wanted $160-million for the project from the three levels of government — $57-million from the city, $57-million from the province, and the remaining $46-million from the federal government.

Dexter and Estabrooks have refused to confirm those numbers — although they are widely accepted as the accurate, if not final, figures.

RYAN TAPLIN/METRO HALIFAX



▶ Mayor Peter Kelly with a rendering of the proposed trade centre.

Landry denies looking other way

Tribunal into chief's dismissal could last about two weeks

Nova Scotia's justice minister denies he looked the other way when allegations surfaced that Mounties he commanded as an RCMP staff sergeant took part in sex parties where cocaine was used.

Ross Landry, who was an RCMP officer in Pictou County before entering politics, told a Nova Scotia Police Review Board yesterday he was aware of the lurid allegations and determined at the time they were being investigated by his superiors.

Landry was testifying at the hearing into the dismissal in 2008 of Stellarton's former police chief, Ambrose Heighton.

Heighton maintains he was wrongly fired amid allegations he wrote an unsigned letter that made claims about the parties.

The anonymous letter claims the matter was reported to Landry and "nothing was done."

The letter, which Heighton denies writing but acknowledges forwarding to the province's Justice Department, also alleges that some officers used or stored their weapons improperly.

THE CANADIAN PRESS

'Malicious'

▶ Ross Landry denounced the letter as malicious, saying most of it wasn't true and he had checked into or properly dealt with all the allegations against members of the RCMP.

RYAN TAPLIN/METRO HALIFAX



▶ Nova Scotia Justice Minister Ross Landry.

1 news

News on the move

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Jason Kenney unapologetic in spat with controversial former U.K. MP George Galloway. Video at metronews.ca/canada

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IWK Health Centre

Doctor gets 5 years in jail for killing wife

Hall found guilty of second-degree manslaughter Jury took 11 hours to render a verdict following a trial in August

A Kentucky doctor convicted of killing his Cape Breton wife by running her down with a pontoon boat has been sentenced to five years in prison.

The Advocate-Messenger in Danville reports Boyle Circuit Judge Darren Peckler followed the jury's recommendation in sentencing Steven Hall yesterday.

The jury convicted the former Halifax man of second-degree manslaughter in the death of his wife, Isabel Hall, who was run over on Herrington Lake in May 2009 by a pontoon boat he was driving.

Hall died as a result of deep chop wounds to her head and left arm.

Parole hearing

- Steven Hall's lawyer says his client has been incarcerated since May of 2009 and will be eligible for a parole hearing within six weeks.

Steven Hall, a graduate of Dalhousie University medical school, has maintained the death was accidental. The incident took place as the couple was celebrating their 21st wedding anniversary.

Isabel Hall was formerly of Sydney River.

The judge refused a defence request to probate the sentence, citing the "seriousness of the offence."

Second-degree manslaughter is a Class C felony and carries a sentence range of five to 10 years in prison.

THE ASSOCIATED PRESS, WITH FILES FROM THE CANADIAN PRESS

DANVILLE ADVOCATE-MESSENGER



▶ Dr. Stephen Hall during his trial in August.

Keep those shovels handy for the winter

RICHARD LAUTENS/TORSTAR NEWS SERVICE



"This winter will have something for everyone. There will be times you'll wish you're in Florida or the Caribbean, but there are other times when it won't be so bad."
CLIMATOLOGIST DAVID PHILLIPS

It may be milder this winter, but that doesn't mean we should put away the snow shovels.

Glancing into his meteorologist's crystal ball, Environment Canada senior climatologist David Phillips said many Maritimers can expect a more old-fashioned winter in terms of snowfall. The good news is it won't be as cold.

Phillips said this year will be a La Nina winter. That generally means bad news for Western Canada. For Eastern Canada, models through January are indicating the weather to be warmer and drier.

"Historically, when you get La Nina it tends to be a toss-up, but the models are saying now that we've had the warmest January to September ever and there's no reason to believe it won't continue," Phillips said.

"We shouldn't be paranoid that, because we came through a warm season, winter is going to beat us up, but we feel that even if it's warmer and drier, it will still be tougher than last winter."

Phillips said many areas of the Maritimes had lower-than-normal snowfalls and warmer temperatures, making it an almost non-event. Winter started later last year and ended earlier.

"You started early this year with good weather and have been on a roll. We don't think it's over, but at the same time, while it may be warmer and drier than it has been over the last 30 years, based on last year, it's going to be more like an old-fashioned winter," he said.

AMHERST DAILY NEWS

Larry Uteck Interchange in home stretch

Drivers are so eager to get onto the new Larry Uteck Interchange on Highway 102 that at least one car has been spotted driving on it.

"There was one instance where someone spotted a car on the roadway and we had to put some better barricades up," said HRM spokeswoman Shaune MacKinlay. "Maybe it's just the irresistible look of new asphalt."

The bulk of the work on the project was completed several weeks ago, but motorists will have to wait a few weeks longer to take a spin on it. MacKinlay said they're finishing off some formalities to take ownership and accept it from the contractor.

"It's a much-anticipated roadway and it will save people some time and traffic aggravation, so we understand people want to use it as soon as possible. Right now they're probably being patient and looking at it saying, 'When can we use that road?'"

The funding for the $24-million project was split between all three levels of government.

JENNIFER TAPLIN

CONTRIBUTED



▶ A visual of how the Larry Uteck Interchange will work.

Details

- The Larry Uteck Interchange project was announced in Dec. 2008.
- It's expected to relieve the traffic congestion from Bedford by connecting Larry Uteck Boulevard to Highway 102.
- The interchange features roundabouts.

For more news visit metronews.ca/local

Saint Mary's professor makes Giller Prize short list

A Saint Mary's University professor made the short list for the Scotiabank Giller Prize yesterday.

A collection of short stories by Alexander MacLeod, 38, called Light Lifting is one of five books on the list.

The competition started with 98 books from every region of the country.

The other finalists are: David Bergen for his novel The Matter with Morris; Sarah Selecky for her short-story collection This Cake is for the Party; Johanna Skibsrud for her novel The Sentimentalists; and Kathleen Winter for her novel Annabel.

The winner will receive $50,000 and the four finalists will be given $5,000 each.

The winner will be announced at a Toronto gala on Nov. 9.

METRO HALIFAX

CONTRIBUTED



▶ Alexander MacLeod

Moose on the loose spurs warning

Moose were spotted recently near Highway 102 between Shubenacadie and Stewiacke.

Department of Natural Resources sent out a warning to motorists yesterday after staff were called to investigate sightings of a bull moose near the highway.

Moose can weigh hundreds of kilograms cause serious damage and injuries.

"Motorists are encouraged to reduce speed when a moose is in the area, but are asked not to stop on the roadside," the release said.

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News in brief


▶ Lamb

Murder case moves along

INQUIRY. A Dartmouth man accused of a murder early this year has had dates set for his preliminary inquiry.

Robert Harris Lamb, 20, faces a charge of second-degree murder in the death of Jonathan Beaton.

Beaton died after a brawl outside a house party in Antigonish on Jan. 1.

Four days were set aside for his preliminary inquiry beginning Jan. 4.

THE CANADIAN PRESS

Police chase ends in arrests

DARTMOUTH. Two women were arrested after a vehicle hit a tree following a pursuit with police early yesterday morning.

Halifax Regional Police say they were responding to a call of a motor vehicle theft from Parker Street in Dartmouth. Officers say they located the vehicle and a short chase was soon called off.

Shortly after, is when police say the vehicle ran into a tree on the 400 block of Portland Street.

METRO HALIFAX

Double-double and a gunshot

NEW BRUNSWICK. Police say no one was hurt in a shooting yesterday at a Tim Hortons in Moncton. RCMP say a shot was fired through the front window just after 5 a.m.

Employees were just opening up for the day when the shot rang out.

THE CANADIAN PRESS

Do you have any clues in this case?

- Police looking for help in solving quarry homicide
- Identity of the victim still not being released



JENNIFER TAPLIN
@METRONEWS.CA

Police are turning to the public to help solve a homicide in East Uniacke.

People riding all-terrain vehicles discovered a body on Sunday. It was found about 100 yards into the woods on a well-used path that runs along the East Uniacke Quarry.

The RCMP ruled the man's death a homicide on Monday, but are still not releasing the man's name, age or ethnicity.

"The investigation is continuing and we'll be re-evaluating that at a future date if there is an opportunity for us to release the identity of the deceased," said RCMP spokeswoman Sgt. Bridgit Leger.

RYAN TAPLIN/METRO HALIFAX


▶ An RCMP forensic identification officer looks over a crime scene on Monday following the discovery of a body in East Uniacke on Sunday.

She also wouldn't confirm if police know the identity of the man.

An autopsy was underway yesterday afternoon in Halifax.

"The last I spoke with the investigators it was not completed so I don't have what, if any, information was gleaned from the autopsy," she said.

The quarry reopened yesterday after being shut down for investigators on Monday.

Meanwhile, Leger said investigators are asking for anyone who heard or saw anything suspicious near the gravel quarry on the weekend to come forward to police.

"Every single piece of information is vital because a person may not realize they may be holding the one, little piece of information we need to be solving the crime and arresting the individual or individuals responsible for this crime," she said.

Have a tip?

Anyone with information that may assist RCMP in the homicide investigation is asked to contact Enfield RCMP Detachment or Nova Scotia Crime Stoppers at 1-800-222-8477.

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News in brief

Cops probe tractor flip

ACCIDENT. Police are investigating the rollover of a John Deere backhoe loader this past weekend.

Halifax RCMP say someone entered a construction site on Sackville Drive, then drove the backhoe loader close to an edge, causing it to tip.

Police say there was some damage caused to the backhoe's engine and several portable washrooms were tipped over.

METRO HALIFAX

Cemetery bell goes missing

SHELBURNE. Police are searching for a large brass bell that was swiped from a cemetery near Shelburne.

The antique church bell and its assembly were attached to a monument in Roseway Cemetery before they went missing.

The bell and monument commemorate Roseway United Church, which was torn down in 1993.

Police believe the bell, which is more than half a metre tall by half a metre wide, was stolen sometime between last Wednesday and Saturday.

THE CANADIAN PRESS

N.L. ferry in for repairs

TRANSPORTATION. Marine Atlantic has stopped accepting new reservations for the time being with its ferry fleet down to two vessels.

The Joseph and Clara Smallwood has developed mechanical issues relating to one of its rudder mechanisms.

The Atlantic Vision is on drydock for a planned preventive maintenance period.

That leaves the Caribou and Leif Ericson on the run between Newfoundland and Nova Scotia.

THE CANADIAN PRESS

Busting myths about gambling

Speech takes place inside Casino Nova Scotia's Schooner Room ▶ Responsible Gaming Awareness Week ends Saturday



ALEX BOUTILIER
@METRONEWS.CA

RYAN TAPLIN/METRO HALIFAX



▶ A visitor to Casino Nova Scotia walks past replicas of Frank Sinatra, Sammy Davis Jr. and Dean Martin yesterday.

Nova Scotia Gaming Corporation president and CEO Marie Mullally stood in front of the Chamber of Commerce to dispel what she called "five myths" about gambling in Nova Scotia.

Mullally was invited by the Chamber to deliver her annual address concerning the state of the gaming corporation during the province's Responsible Gaming Awareness Week.

According to Mullally, her tenure as NSGC president has brought her "face to face with some persistent myths about gaming in Nova Scotia."

Mullally counted among these myths the position that "responsible gaming is an oxymoron," that government can limit access to gambling, and that prevention is "a waste of money."

She also stressed the modes of gambling have changed with technology, and more and more are turning to internet poker sites or mobile phone applications.

"Mobile gaming is the future, and it's estimated to be (worth) $20 billion just this year worldwide," she said.

"Gone are the days of a land-based gaming monopoly that provinces can benefit from … The access is unlimited, and it will grow whether we are involved or not."

Online gaming

Marie Mullally said it was up to the province to decide whether or not to get involved in the world of online gambling.

- "That's not my decision to make, that's a government policy decision," she told reporters, noting the province plans to roll out a five-year gaming strategy later this month.
- "We're going to have to wait and see what the province decides will be the future of gaming in the province for the next five years."



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Spammer ordered to pay $1B

Spammers of the world, beware.

A Quebec man has been ordered to pay Facebook $1 billion after he allegedly bombarded its members with junk messages.

Quebec Superior Court has upheld a ruling by a U.S. court that Montrealer Adam Guerbuez owes that money after he flooded the Facebook accounts of members with 4 million spam messages.

A court in California ruled in 2008 that Guerbuez had violated U.S. electronic commerce laws.

Justice Lucie Fournier also forbade Guerbuez from having a Facebook account or being involved in any way with the social-networking site.

The spam sent by Guerbuez promoted medication to treat such conditions as erectile dysfunction.

THE CANADIAN PRESS

Another hurdle for immigrants

A new report highlights how tough it can be for university-educated immigrants to find employment in Canada. The unemployment rate for that group of immigrants was almost 14 per cent last year compared to 3.4 per cent for Canadian-born workers with a degree, said the report released yesterday by the Community Foundations of Canada.

The jobs situation got worse for university-educated immigrants compared to 2006, while their Canadian-born counterparts held their own, said Monica Patten, president and CEO of the group that released Canada's Vital Signs 2010, an annual report looking at quality of life in this country. THE CANADIAN PRESS

Ex-general says HQ knew of Afghan abuse

BILL GRAVELAND/THE CANADIAN PRESS



▶ Michel Gauthier, former head of the Canadian Expeditionary Forces Command, is the highest-ranking officer to testify so far before the Military Police Complaints Commission inquiry.

Hearing examines what military cops know about torture by Afghans

The military man who used to be in charge of Canada's overseas operations says responsibility for the fate of Afghan prisoners rested largely with task force commanders in Kandahar.

Retired Lt.-Gen. Michel Gauthier told a public hearing yesterday it was up to task force commanders in the field to know about Afghan jails and assure that captured fighters were not being handed over to ill-treatment.

Gauthier said the generals fighting the war had a "duty to know" what kind of conditions were present when Afghan fighters were transferred to local authorities.

The decision to hand over any prisoner has always belonged to the general in charge of Canadian troops.

"A commander should be doing everything he can and that was the spirit of this, to be proactive."
RETIRED LT.-GEN. MICHEL GAUTHIER

The former general acknowledged in earlier testimony that his Ottawa-based headquarters received "compelling" accounts of prisoner abuse, but said that doesn't mean they were all factual, nor did those reports indicate the Afghan government had violated its transfer agreement with Ottawa.

THE CANADIAN PRESS



[1] To redeem TD Points for travel purchases charged to your Card that are not booked through the TD Travel Rewards Centre (the "Centre"), Cardholder must contact the Centre after the travel purchase has been posted to the Account and within 90 days from the transaction date of the travel purchase. The required TD Points will be redeemed from the TD Points balance available on the date TD Points are redeemed for the travel purchase, not the transaction date of the travel purchase. The amount that will be credited toward the travel purchase will be equal to the value of the TD Points redeemed. If there are insufficient TD Points available to cover the entire amount of the travel purchase, the Account will only be credited by the value of the TD Points redeemed. Any amount of the travel purchase not covered by the TD Points redeemed will remain on the Account for payment. [2] Applies to new TD First Class Travel *Visa Infinite* Accounts only. Bonus TD Points will be awarded to the new Account upon approval. Offer may be changed, extended or withdrawn at any time without notice and cannot be combined with any other offer. *Trade-mark of The Toronto-Dominion Bank.

Congratulations to the winners of the 2010 Pengrowth-Nova Scotia Energy Scholarships

Nineteen Nova Scotia students have been chosen to receive the Pengrowth-Nova Scotia Energy Scholarship. Eleven receive university scholarships worth as much as $10,000 each, $2,500 renewable over four years, based on a combination of extracurricular activities and academic performance. Eight receive $2,500 non-renewable scholarships at the Nova Scotia Community College.



Travis Bradley
Barrington Municipal High School
Heating, Ventilation, Refrigeration & Air Conditioning, NSCC



Nicholas Landry
Riverview High School
B.Sc., St. F.X. University



Ashley McIntyre
Central Kings Rural High
B.Sc., Acadia University



Jinsoo Andy Song
Parkview Education Centre
B.Sc.(honours), Queen's University



Jillian Cole
Auburn Drive High School
B.Sc., Dalhousie University



Ashley Lohnes
Liverpool Regional
B.Sc., Acadia University



Alexander McKenney
Cobequid Educational Centre
B.Sc., Dalhousie University



Carolyn Stevens
Auburn Drive High School
Environmental Engineering Technology - Water Resources, NSCC



Samantha Fredericks
Annapolis West Education Centre
Mechanical Engineering Technology, NSCC



Joseph MacEachern
Strait Area Education Recreation Centre
Power Engineering Technology, NSCC



Kyle Miller
Prince Andrew High School
Electrical Engineering Technology, NSCC



Kristin Williamson
Sydney Academy
B.Sc. Nursing, Cape Breton University



Micah Frith
Charles P. Allen High School
Mechanical Engineering Technology, NSCC



Justin MacKinnon
Riverview Rural High School
Heavy Duty Equipment/Truck & Transport Repair, NSCC



Bryce Russell
Forest Heights Community School
Electrical - Construction & Industrial, NSCC



Maria Grady
Guysborough Academy
B.Sc., Saint Mary's University



Erica McAdam
Citadel High
Certificate in Applied Science, Acadia University



Carling Gratto
Cobequid Educational Centre
BEng, NS Agricultural College



Angela McCarthy
Sir John A MacDonald High School
BEng, Dalhousie University

The Pengrowth-Nova Scotia Energy Scholarship Program is designed to develop home-grown expertise by encouraging Nova Scotia students to pursue careers in the energy sector. These students can make a difference in the Nova Scotia energy sector by becoming tomorrow's Leaders in Energy. To find out how to apply for the next academic year, please visit: **gov.ns.ca/energy**

PENGROWTH

NOVA SCOTIA
Department of Energy

DEVELOPING LEADERS IN ENERGY

Jobs to be scarce, wages modest: TD

In the four quarters beginning July 2009, the economy has already managed to recoup lost jobs

Canada's employment picture is getting darker, according to a new report that predicts jobs will be scarce in the next year or so, and wage gains modest.

Job gains will fall to under 200,000 next year, just over half of the 350,000-plus jobs that are expected as the final tally for this year, predicts the TD Bank report released Tuesday.

Average wages will rise at under two per cent for the next few years – just keeping up with the anticipated inflation rate.

"It's going to be a period of tough employment growth," said Derek Burleton, deputy chief economist with the bank.

"Already we are seeing wage gains that are tepid."

13K

Employment growth averaged about 13,000 in July and August, after averaging 51,000 a month in the first six months of the year.

Recent data from Statistics Canada shows the slowdown in employment has already begun, coinciding with a similar braking in economic growth.

Burleton says he expects monthly gains in the 5,000- to 10,000-a-month range for the rest of the year. The consensus is that Friday's jobs report will show a modest 10,000 pickup. THE CANADIAN PRESS

Calif. Be kind, re-wine



▶ This July 15, 2010, photo shows Hardy Wallace, left, and winemaker Kevin Kelly as they top off reusable wine bottles with Sauvignon Blanc wine at the Natural Process Alliance winery in Santa Rosa, Calif.

ERIC RISBERG/THE ASSOCIATED PRESS

NPA looks to reusable bottles

The NPA (Natural Process Alliance) winery in Santa Rosa sells its wines in Kleen Kanteens, a BPA-free stainless steel bottle more commonly used for water.

Trader convicted in $4.9B fraud case

THE ASSOCIATED PRESS FILE PHOTO



▶ Jerome Kerviel

Former Societe Generale SA trader Jerome Kerviel was convicted on all counts yesterday in one of history's biggest trading frauds, sentenced to three years in jail and ordered to pay the bank a mind-numbing $4.9 billion in damages.

The ruling marked a huge victory for Societe Generale, one of France's most blue-blooded banks, which has worked to clean up its image and put in place tougher risk controls since the scandal broke in 2008.

The 33-year-old former futures index trader stood expressionless as the court convicted him of all charges and pronounced a five-year sentence with two years suspended. Kerviel was found guilty on charges of forgery, breach of trust and unauthorized computer use for covering up bets worth nearly $50 billion between late 2007 and early 2008. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 175.06 (12,498)	+ 98.35¢ (00.5¢ US)	$1.35 US ($82.82 US)	$3.745 (+1.8¢)

Gold contracts $1,340.30 (+ $23.50)



Volunteers: *Public Advisory Committee*

Nova Scotia Power is forming a Public Advisory Committee to assist in identifying the best way to increase the electrical transmission capacity to Dartmouth, Cole Harbour and Eastern Passage. The capacity increase is needed to meet growing customer demand.

Our efforts to date have identified a number of community representatives from the Cole Harbour area willing to participate in the committee. We continue to seek volunteers, particularly from Eastern Passage and the Penhorn/Woodlawn area.

The committee will meet on a regular basis for a number of months. Committee members will be selected to represent a broad spectrum of community interests.

If you would like to be considered for the committee, please submit your name and contact information, along with information on your community involvement, to Terry Toner, Project Manager, at **terry.toner@nspower.ca**. For more information on the project, go to **www.nspower.ca/harboureast**.

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Housing market outlook healthy for Q4: Report

Re/Max expects more normal conditions in future, with sales gaining momentum as economy improves

NATHAN DENETTE/THE CANADIAN PRESS



▶ People walk past new homes for sale in Oakville, Ont., in this 2009 file photo.

Canada's housing market looks healthy going into the final three months of this year after a summer "pause," one of the country's largest real-estate agent networks said in a report released yesterday.

The Re/Max Market Trends Report Fall 2010 says this summer's big downturn in housing sales was largely due to economic uncertainty and not the much-hyped effect of higher interest rates, tighter lending policies, and the harmonized sales tax introduced in British Columbia and Ontario.

Re/Max said it anticipates fewer sales than in the surprisingly strong fourth quarter of 2009 but prices are expected to hold up.

"We're now comparing the second half of the year to 2009 and falling short of expectations. Looking at the big picture, however, the market remains healthy," says Elton Ash, regional executive vice-president for Re/Max of Western Canada.

The Re/Max report found there hasn't been a big influx of listings, while demand has normalized after a very hot period in late 2009 and early this year. **THE CANADIAN PRESS**

Japan cuts key rate to near zero

Japan's central bank cut its key interest rate to virtually zero yesterday and is looking to set up a $60-billion fund to buy government bonds and other assets as it tries to inject life into a faltering economy. **THE ASSOCIATED PRESS**

Jobs vowed as part of potash bid

As the war of words escalates over the impact of BHP Billiton's hostile takeover bid for PotashCorp, an executive promised the mining giant would bring 300 head office jobs to Saskatchewan. **THE CANADIAN PRESS**

Officials seek to lure fish plant

Some municipal officials in southwestern Nova Scotia are hoping to lure a $150-million fish plant to Shelburne. Cooke Aquaculture is eyeing three possible locations in the province to set up a facility. **THE CANADIAN PRESS**





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- Layna, OLS Dartmouth employee since June, 2007

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HOT AND BOTHERED BABY BOOMERS

Just sayin'

PAUL SULLIVAN



This just in: A Canadian Liver Foundation survey finds that baby boomers don't practise safe sex.

It's Mondo Viagra out there. One in three unmarried boomers aged 46 to 64 have unprotected sex with a new partner. Forty per cent of boomer men are open to one-night stands; 33 per cent of boomers are into online dating; 57 per cent "feel freer" about sex; and 82 per cent believe it's important to have an active sex life, even at their age.

It's news that has an entire generation of adult children going "eeeeyyyyeeeewwww."

But I don't know why everyone is so surprised. After all, boomers grew up during the "sexual revolution" of the '60s, a clumsy, groping, inappropriately dressed era during which it was OK to love the one you're with.

The sexual revolution is a thread that continues to run through society, although it's unravelling rapidly, like that leisure suit in the back of the closet.

It was fatally infected by HIV, which any minister or priest will tell you is the microscopic wrath of God. Obviously, the baby boom is getting hard of hearing. And thanks to Viagra, that's not the only thing that's getting hard.

"Obviously, the baby boom is getting hard of hearing. And thanks to Viagra, that's not the only thing that's getting hard."

I guess when the Beatles wrote When I'm 64, they didn't anticipate the future would include drug-induced supercharged priapism. The drug companies have created an epidemic of erectile dysfunction, targeting guys who once accepted the decrease in desire as yet another sign they will soon meet a tall dark stranger, and it won't just be a one-night stand.

I was watching a football game the other day and learned that 40 per cent of adult males suffer from erectile dysfunction. When 40 per cent are affected, isn't that normal? Why not just give in to your real secret urge to collect stamps, then have a nap … or just forget about the stamps and go straight to the nap?

You play, you pay, says the Liver Foundation. If you're wondering if this survey is being brought to you by the wrong organ, it's instructive to learn that 45 per cent of hepatitis B infections are contracted by boomers, not to mention all those other nasty little bugs out there disguised as Julie, 54, loves walks at sunset along the beach, or Eric, 60, still believes in magic. Yeah, right.

So the next time you feel bad, fellow boomer, because you would rather have a glass of warm milk than tempt the fates, just remember, the milk is pasteurized. And enjoy.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER



Diamonds are forever

Worth mentioning

Big pink

THE ASSOCIATED PRESS



A rare pink diamond that goes on sale next month could fetch up to $38 million US, according to auctioneers Sotheby's.

The "fancy intense pink" 24.78 carat gem is being sold by an unidentified private collector, the auction house said.

"We're able to say it's been in the possession of the same owner for 60 years, but beyond that we're not able to reveal more," Sotheby's spokesman Matthew Weigman said yesterday.

The diamond was last sold by New York jeweller Harry Winston and has a classic emerald cut with gently rounded corners, the company said. The stone has a flaw unnoticeable to the naked eye, probably due to wear, but may be graded internally flawless after re-polishing.

"It is sensational as it is, but if somebody would bother to repolish it they would have an even more sensational stone," said Daniela Mascetti, a senior director in the company's jewelry department.

"But I personally would not touch the stone if I was planning to wear it."

The diamond went on exhibition worldwide starting in Hong Kong Saturday and will go up for auction Nov. 18 in Geneva, when Sotheby's estimates it could sell for $27 million to $38 million. THE ASSOCIATED PRESS

What's a life lesson you learned the hard way?

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Metro Minute with Hamlet

A new Halifax-based theatre company is presenting William Shakespeare's Hamlet starting tonight at the Bus Stop Theatre. Perchance Productions describes itself as a group of local artists who came to put out a "full-scale community production" of this popular Shakespeare tragedy. The play stars Halifax actor Gregory Slack in the role of Hamlet, with Nancy Marshall the show's director. Performances will be held through Oct. 24, with evening performances Wednesday through Saturday at 8 and weekend matinees at 2 p.m. Admission is $25 for adults and $20 for students and seniors. To reserve a seat, call 293-8383.

METRO HALIFAX

CONTRIBUTED



▶ Perchance Productions presents Hamlet at the Bus Stop Theatre through Oct. 24.

2 scene


▶ Directors Ryan Fleck and Anna Boden.

Directing duo make perfect team

Anna Boden and Ryan Fleck take on latest film project about troubled teen in psych ward

NED EHRBAR
@METRONEWS.CA

Working with two directors could easily be confusing for actors, so directing duo Anna Boden and Ryan Fleck have a system worked out.

"Only one of us will go off and talk to the actors," Fleck explains. "We'll never go up together, so they have to look at both of us and interpret both of what we're saying."

It's a system that's served them well on their previous features, the acclaimed Half Nelson and Sugar. And their latest, an adaptation of Ned Vizzini's young adult novel It's Kind of a Funny Story, shows no signs of confused actor syndrome.

The film follows Craig (Keir Gilchrist), an overwhelmed teen who checks himself into a psych ward only to be placed with adults, as the juvenile unit is being renovated.

Though the directors weren't familiar with Gilchrist's work on The United States of Tara, they were immediately taken with the 18-year-old actor.

"He's just such a teenager," Boden says. "He's this little punk kid, and he comes with his hoodie and all his patches, and he's not trying to be anything but who he is. Sometimes you meet with young actors and it's like they want to be sophisticated and professional, and there was just no pretense with him."

"We were all starting to lose steam a little bit, starting getting tired of being in the same place."
RYAN FLECK, DIRECTOR

But the most interesting bit of casting comes in the role of mentoring patient Bobby, played by Zach Galifianakis in his first mostly serious turn.

In fact, Galifianakis' comedic background almost stood in the way of his getting the part, according to Boden.

"We pretty much only knew him from The Hangover, and we were not convinced from that he was right for this," she says.

"But we looked back at some of his stand-up, and he's got something really interesting going on underneath the surface. There was this third side of him when we met him, this down-to-earth, charming, loveable, smiley person."

Fleck recalls that Galifianakis was just as valuable off screen as on. "Zach came late, for the second half," he says.

"We were all starting to lose steam a little bit, started getting tired of being in the same place, it was freezing outside and it was getting a little depressing. And then Zach shows up and just woke everybody up. He came in and was just charming and fun to have around."

In brief

Jason Schwartzman's dog had the face for TV — just not the back for it. Schwartzman, 30, stars in HBO's offbeat detective comedy Bored to Death, and show creator Jonathan Ames says he wanted to have Schwartzman's French bulldog, Arrow, in the show. Unfortunately Arrow has a bad back and was not up to the rigours of acting. Arrow did have a cameo in the show, though.
THE ASSOCIATED PRESS



PBS series explores the 'Great American Songbook' through the passion of Michael Feinstein.

Wyclef Jean appointed a visiting fellow

Brown University has appointed hip-hop singer Wyclef Jean as a visiting fellow in its Department of Africana Studies for the 2010-11 academic year.

The Ivy League school says the Haitian Grammy Award winner will engage in activities related to its Haiti Initiative, including lectures, faculty conversations and classes.

Brown says Jean, 37, made his first visit to campus on Monday and attended two inaugural lecturers. Jean says his time at Brown will be "a period of learning and reflection." He announced a bid for Haiti's presidency in August but ended it last month. THE ASSOCIATED PRESS


▶ Wyclef Jean

The Audio Files



BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

FINGER ELEVEN STAYS RELEVANT

When Finger Eleven first started playing music they'd have dreams of selling a million records.

Now that the band has hit that mark — selling more than two million copies of their 2007 disc Them vs. You vs. Me — they don't care how many albums they sell.

"At the beginning you think you're not doing well unless you sell millions of records," says guitarist Rick Jackett. "It doesn't really matter."

Jackett blames a shifting music industry for his attitude change. "Major pop stars aren't selling," he says. Even for a band like Finger Eleven, it's their shows and merch that bring in the money.

Still, you'd expect the band to feel some sort of pressure to follow up their massive success. But Jackett disagrees. There's been no label interference and their only goal was to improve their songwriting.

"We've always had pressure to top our last record," Jackett says. Of course every band says that, but many have trouble matching a massive seller. I wouldn't say Life Turns Electric, Finger Eleven's new record out today, is that much better than their last disc, but there are improvements.

The disc still has plenty of heavy riffs, pounding drums and Scott Anderson's alt.rock wail, but the group also tackles pop and funk. Their single Living in a Dream is unlikely to match Paralyzer's success, but its Franz Ferdinand-like verses is a nice change from their heavy rock.

Jackett chalks up the poppier sound to two things: Better songwriting and a more positive view on life. "We're continually trying to write stronger melodies," he says. "But a lot of it comes from maturity. We start to lose our angst that alienates you from everyone else. We don't hate the world so much anymore."

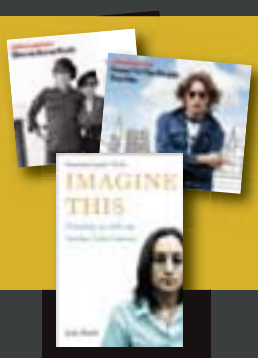
It also had something to do with a jukebox filled with obnoxious dance music. "There was a bar beside the apartment [where] we were staying that played mostly classic rock and new dance music," Jackett recalls. "I did not want to listen to the dance tracks, so we played a lot of classic rock, and that influenced the record."

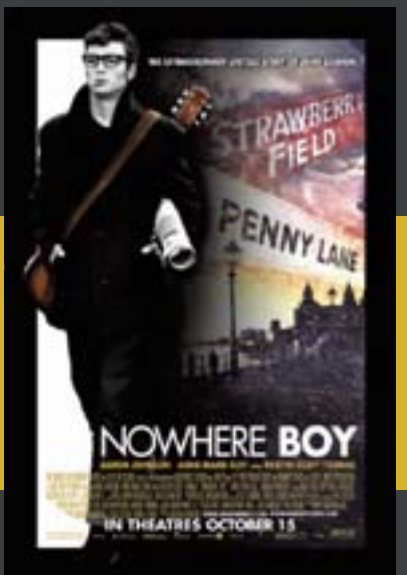
Ultimately, the band is just trying to stay relevant in a different record industry than they started in.

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China 2.9¢	Oman 12.9¢	Russia 2.9¢
Ecuador 12.9¢	Fiji 24.9¢	Saudi Arabia 9.9¢
El Salvador 13.9¢	Ghana 9.9¢	South Korea 2.9¢
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Twitter leads art-less masses: John Mayer

John Mayer is finally addressing why he walked away from his 3.2 million followers on Twitter by deleting his account last month. "It occurred to me that since the invocation of Twitter, nobody who has participated in it has created any lasting art. And yes! Yours truly is included in that roundup as well," Mayer writes in a blog post. "No artwork created by someone with a healthy grasp of social media thus far has proven to be anything other than disposable." He also says he resents the way celebrities use the site. "When you convert your art into the art of real-time brand management, I suddenly have no more interest in it," he writes. "I'm not a brand." METRO



▶ John Mayer has a lot of bad things to say about Twitter — and celebrities who use it.

Celebrity tweets


Kanye West [@kanye west] Sitting at the graphics house in Paris designing the type face for the album packaging


Olivia Wilde [@olivia wilde] New York, please stop being so perfect or I will need a tranquilizer and a police escort to get me on the plane back to LA.

Stephen Fry [@stephenfry] Bumped into the greatest bowler of all time at a Sting concert last night. And he's on twitter!


Rainn Wilson [@rainnwilson] I know how to take down the Taliban. Bedbugs. METRO



Alleged mistress strikes back

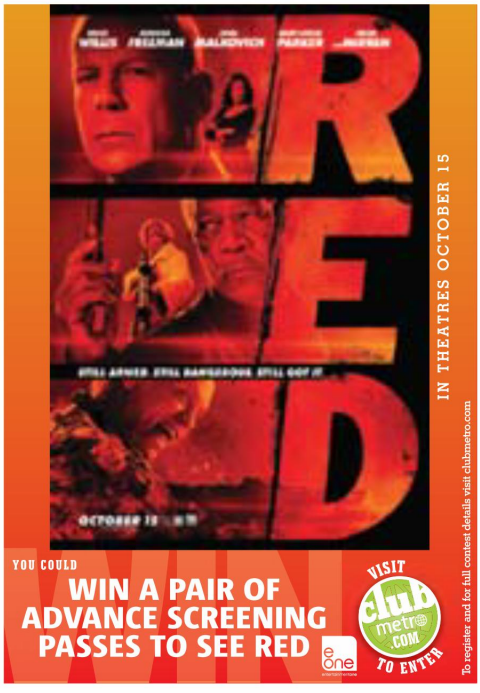


The alleged mistress David Beckham is suing for libel is now suing him right back. Irma Nici claims she was roughed up by the man sent to serve her papers for Beckham's suit against her, leading to her being hospitalized, according to the Daily Mail. "Beckham is responsible for his goon's conduct, and we will hold him liable for it," Nici's lawyer says. METRO

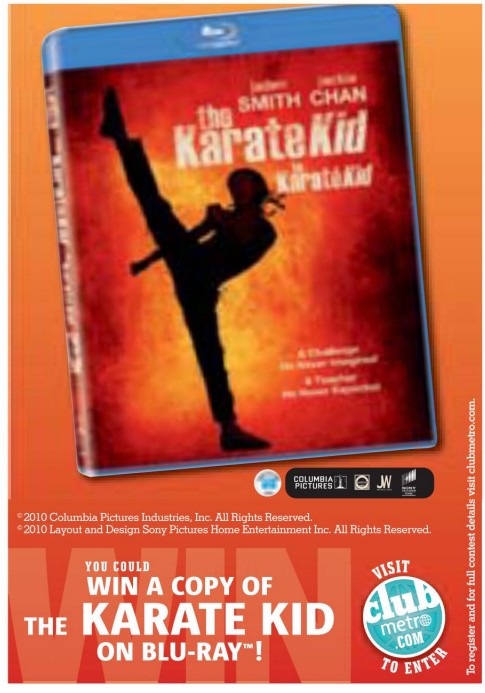
Jolie's kids go where she goes



It's back-to-school time, and since Angelina Jolie is currently directing a movie in Hungary, that's where her kids will go to school, according to People magazine. "Angelina has enlisted her children into (an) elite French-American school that (Pax and Maddox) will attend from next week on," a source says. METRO



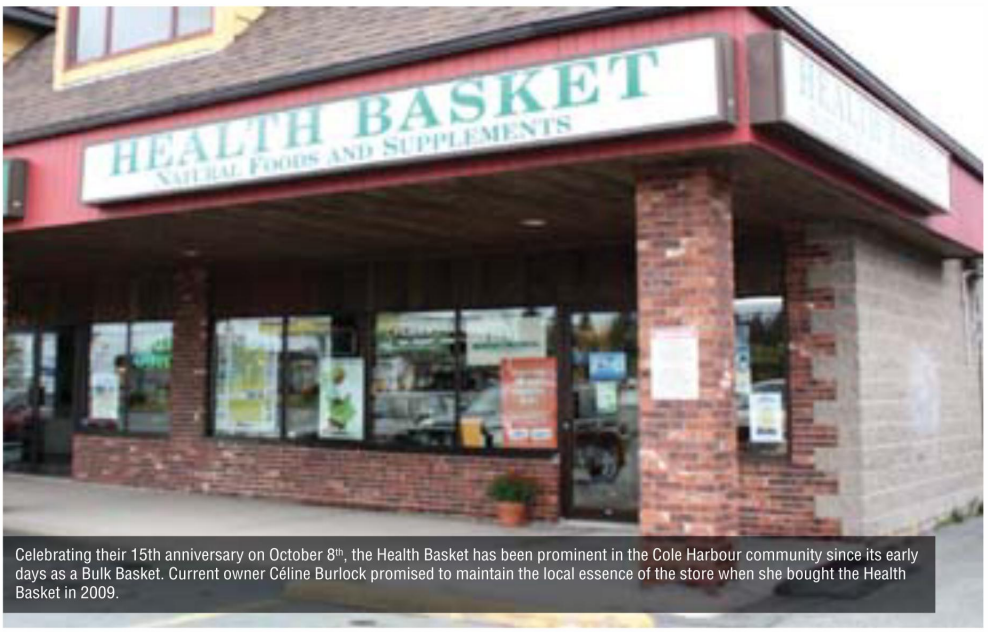




Health Basket Celebrates 15 Years!

A SPECIAL REPORT PRESENTED BY HEALTH BASKET

HEALTH BASKET



Celebrating their 15th anniversary on October 8th, the Health Basket has been prominent in the Cole Harbour community since its early days as a Bulk Basket. Current owner Céline Burlock promised to maintain the local essence of the store when she bought the Health Basket in 2009.

Focus on Client Care

Proudly separating themselves from what one would consider a typical health food store, Health Basket's owner Céline Burlock calls on her training to cater to the needs of every person who walks in the door.

"I'm a life coach and I've done a lot of work with people going through challenges in their life," Burlock said. "It always goes back to re-aligning mental, emotion, spiritual, and physical because if one is out of balance there is a negative ripple effect."

Health Basket attracts a variety of visitors; from knowledgeable regulars to those who don't know where to start. Each customer, Burlock insists, receives the same attention.

"We engage with them and speak with them to make sure they are pleased with their product," Burlock said. "We don't mind suggesting another staff member if one isn't as knowledgeable as the other on a product or issue."
In the personal journey to health and wellness, all roads lead back to an individual's habits and food selection. Burlock is always sure to enquire into the diet of her clients being careful to pay attention to the needs of her clients.

"We have conversations that bring them back to the basics of balancing protein, fruit, vegetables," Burlock said. "Only when we pin point the problem do we start suggesting product or a consultation."

There have been instances, Burlock confesses, that a customer will come into the store for the first time in the midst of a health crisis. Burlock's most difficult challenge is witnessing the health issue that some people go through.

"There is plenty of research saying what we eat is a huge cause of cancer and other degenerative diseases," Burlock said. "It's hard seeing people that didn't have the knowledge who come here for support hoping something can be done."

Proud Leader

Céline Burlock inherited a family when she became the owner of the Health Basket in 2009. Burlock received referrals from Health Basket's past owner, Gerard Tremblay, but never dreamed she'd be picked to take the reigns. She has a B. Ed. and owned her own life coaching business, Life Unlimited and Potential. Thanks to her training and experience in developing her ability to alleviate mental, emotional, and spiritual unbalance, Burlock can now utilize her alliance with Health Basket and initiate a positive ripple affect for what she refers to as the interconnecting web of the living cycle.



Céline Burlock calls on her training as a life coach to help clients re-align their mental, emotional, spiritual and physical balance.

Health Basket

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A SPECIAL REPORT PRESENTED BY HEALTH BASKET



Though the Health Basket has a wide variety in product to suit the needs of their clients, employees are knowledgeable and well educated thanks to monthly expert workshops. This is only one way the Health Basket separates themselves from a typical health food store.

The History behind the Health Basket

Once a Bulk Basket stocked with bulk merchandise and animal food, it was the inspired suggestion of Gerard Tremblay to introduce health oils to the store shelves that was the catalyst for shifting the focus from the pet to person.

The popularity of the natural oils justified a greater exploration into the world of organic and natural food products. The necessity to re-brand the Bulk Basket to better suit the increasing popularity of the human-friendly products became more and more obvious.

In 1999, Tremblay bought the Bulk Basket. The bulk fido-food was replaced with natural supplements and organic food items, and Health Basket was born.

In an effort to meet the needs of their clients, Tremblay, along with his wife Jocelyne Plourde regularly sent referrals to colleagues who had more knowledge on the subject. Céline Burlock remained at the top of the list and was happy to help.

"I'm trained in alternative practices, energy work, life coaching, and am also a educator in public school."

In 2009, the business continued expanding and Tremblay and Plourde sought to remove themselves as owners. Not wanting to sell out to a larger chain store and lose the personal touch, Tremblay and Plourde agreed there was only one person who would respect the essence of the store and maintain credibility.

"He called me and said 'Céline, sit down. I have something to tell you,'" Burlock remembers. "I never expected to be offered to take over. It was like winning the lottery."

As Burlock and her staff prepare to celebrate their 15th anniversary, Burlock is still humbled by the honor.

"I didn't want to get caught up on titles," Burlock said. "It's more about engaging with the divine of the client. That's the part people sometimes forget."

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A SPECIAL REPORT PRESENTED BY HEALTH BASKET

Coming Soon

The Health Basket strives to be more than an average health food store. Owner Céline Burlock uses her relationship with her product representatives and brings in product experts to lead workshops on a monthly basis.

These monthly educational meetings on specific products are in addition to the online courses that the staff are encouraged to take in an effort to provide the best service possible to their clients.

> An athlete has different needs when it comes to food, nutrition, and the mental aspect of wellness

"We make sure our staff learn all the time," Burlock said.

To fully utilizing the training and the wide variety of products they sell, Burlock hopes to offer a selection of customizable programs that will better suit the needs of their clients.

"It would be more about building strategies and resources for better health and wellness," She said. "It would include relaxation and bridging together the spirit, mind, and body."

Burlock also hopes to diversify her clientele and expand her product line to include a variety of items to support proper athletic nutrition.

"An athlete has different needs when it comes to food, nutrition, and the mental aspect of wellness," Bulock said.

Burlock practices what she preaches, "I'm actually doing an online course now because we want to focus on sports nutrition. So there is always continuous learning."

In the next five years, Burlock hopes to expand the store in the physical sense and is working on transitioning Health Basket from a health food store into a health and wellness centre.

"What we really intend to do is create a huge space for people to come and everything they would need would be here for them," Burlock said.

Celebrating A Milestone

On October 8, the Health Basket will be hosting a customer appreciation day. Owners Steve and Céline Burlock invite regulars and first-time guests alike to come enjoy free product samples and a 10-15 per cent discount. Céline, who thinks of her client base as family, is excited to have the chance to give back.

The day will end with a celebration at the Ramada Hotel where Health Basket will be hosting an evening to thank and acknowledge those people - practitioners, product representatives - who were, and continue to be, critical players in the development and success of the store.

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Health Basket Celebrates 15 Years!

A SPECIAL REPORT PRESENTED BY HEALTH BASKET



The Health Basket provides a variety of local products including Ascenta's NaturaSea fish oil. NaturaSea is available in liquid form and gel capsules and has a mixture suited for children and vegetarians. Still the stores top seller, fish oil helps clear skin, aids in heart health, and strengthens mental focus.

Pride of the Neighborhood

Cole Harbour's Health Basket not only earned its own local clientele, but also inherited those who had visited the location in the early 1990s when it was a Bulk Basket that sold pet food and products in bulk. The transition from meeting the needs of furry friends to the general public occurred thanks to the suggestion of Gerard Tremblay. Tremblay approached the owner of Bulk Basket on numerous occasions in an effort to help diversify the available products.

Tremblay inherited the store in 1999 and re-branded the location as a health food store known today as Health Basket. The products offered attract a variety of clients from the neighbouring gym and other health conscious organizations that dot Cole Harbour Road. Present owner, Céline Burlock, believes it is the customer care that has been the foundation of their loyal client base.

"We're happy when people (buy products) but also want to make sure

> There are people from all around the world that visit this store

they are educated about the products. We're not interested in just taking someone's money," Burlock said.

Unlike other health food stores, people know that Health Basket employees are well educated on its products. She is proud that positive word-of-mouth marketing that started with Tremblay has continued throughout her time as owner.

"One of the things I noticed about how Gerard and Jocelyne kept their clients was that it was a very traditional approach," Burlock said. "I think this is why we get a lot of people coming back to continue their health journey and also people who have never set foot in a health food store."

Burlock modestly boasts about Health Basket like a proud parent.

"There are people from all around the world that visit this store," Burlock said.

Essential Oils

The transition from the Bulk Basket into Health Basket began with the availability of fish oils. Today, Ascenta's NutraSea Oil is their top seller. Tried and true, this locally sourced company offers a wide selection of fish oils. NutraSea Oil is available in liquid form and gel capsules. The Dartmouth-based company has the standard fish oils but also mixtures that meet the needs of children, vegetarians (fishless-fish oil), and even house pets. Fish oils are high in Omega 3 and 6 fats that aid in balancing the good cholesterol, or HDL. They also help maintain good heart health, good joints and mental focus.
To find out more, visit www.ascentahealth.com.





FLICKR: C.G.P. GREY



Everything is bigger in Texas

▶ The Cadillac Ranch is a must see if you are in Amarillo, Texas.

Go to the heart of Texas with a trip to Amarillo ◐ The people love God, meat, their horses and Humvees ◐ Oddball art is all over the city that's in a state better known for oil and gas

PAUL BALDWIN
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SEE
The Signs

Amarillo, Texas, is on oddball place, but perhaps it's King Oddball is Stanley Marsh III — heir to an oil and gas fortune and madcap artist. He has erected scores of mock traffic signs with slogans like "Road Does Not End." Funny and strangely affecting.

HEAR
The Humvees of Repent Amarillo

Repent Amarillo is the scarily militarised faction of the Army of God and their camouflaged Humvees seem to be everywhere.

List of hates includes rock 'n' roll, gays, students, environmentalism, planned parenting … be afraid, be very, very afraid.

EAT
Sharky's

Sharky's Burrito Co, in 1612 S Georgia St., is fast becoming legendary. It serves simply huge, delicious burritos for a few dollars. Whatever your budget this is not to be missed.

DRINK
The blood of Christ

Only half joking — this place is very religious. There are chapels everywhere, traditional and modern — one of them has a "blood" pouring down the frontage and the slogan "His blood was spilled for you." Thanks but I've just eaten.

WEAR
A cowboy hat

They love horses in Amarillo and there are many ranches you can visit to see, well, real ranchers. A cowboy hat, check shirt and denim is de rigeur.

DO
Cadillac Ranch

Iconic piece of '70s pop-art courtesy of that man Stanley Marsh again. Essentially 10 Cadillacs buried nose down in the dirt in a field just outside of town. It's very, very surreal. You can play on them too!

DON'T
Bad mouth the Lord

Seriously. This is the buckle end of Bible Belt America and you mouth-off at your peril.

SAY
Anything

So long is it is infused with Christian decency and southern good manners. They both very seriously around here.

DON'T SAY
Do you have a vegan option?

Meatpacking is Amarillo's main employer and the region supplies more than 25 per cent of the nation's meat. It is also home to the Amarillo Gun Club, one of the USA's leading trap-shooting organisations.

For more information go to visitamarillotx.com

3 life

Gaga for safety



Flight attendants for a low-cost Philippine airline who dance to Lady Gaga to keep passengers from snoozing through an in-flight safety demonstration are the latest YouTube sensation.

A video of stewardesses performing a choreographed routine aboard a Cebu Pacific flight last week to demonstrate safety procedures has received more than 6.5 million hits.

The Manila-based airline, said yesterday it resorted to dancing stewardesses to draw more passenger attention to its in-flight safety reminders.

THE ASSOCIATED PRESS

Cathay Pacific, WestJet Airlines code-share pact goes into effect



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THE TRAVELIN' CANADIAN

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Montreal … a city of culture, jazz, history, and … bone chilling rapids!

When you're not enjoying all that cultural and history, high adventure is only as far away as the port of old Montreal on the St. Laurence River.

Forget white water rafting, high-speed jet boating on the Lachine Rapids is one of the fastest, bumpiest, wettest, wildest rides you'll ever experience. Imagine hitting a 20 foot high wall of water, coming up for a few seconds of air and then doing it all over again … and again!

Saute Moutons tours offers a one hour thrill ride that will leave your heart in your throat, while your trying not to swallow gallons of river water. When it comes to riding the rapids, I'd rate this experience a ten!

The moment you hit those Lachine rapids, it really does feel like boat's about to capsize, even though a safety bar ensures than can't happen. Yes, you'll get soaked to the bone, but it's a lot more exciting than your typical amusement park roller-coaster. Thankfully, the $65 fee includes the rental of a full head to toe wet suit, and believe me, it comes in handy.

The adventure is billed as a scenic city tour, but you soon forget about the pretty buildings, when those rapids hit. To be honest, I didn't see a lot during the rapids part of the tour. Too busy trying to get the water out of eyes, ears, and mouth.

My kinda fun!

FLICKR: LUKEGORDON1



▶ Get a unique view of Montreal while riding the Lachine Rapids in a high-speed jet boat.

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Success of sustainability depends on bottom line



Turn risk into opportunity by developing environmentally sound business strategy

As Canadians become more environmentally conscious and demand green products and services, many companies are looking for ways to reduce their environmental footprint. But to be successful, sustainability and profitability must be interlinked.

"For sustainability to be effective and lasting in the corporate environment, it must create economic benefits in concert with environmental benefits," says Tyler Elm, vice president of sustainability for Canadian Tire. "Our goal at Canadian Tire is to implement sustainable practices that advance the business while benefiting our customers and the environment."

According to a recent Economist Intelligence Unit survey, just 24 per cent of executives believe there is a strong link between financial performance and commitment to sustainability in the short-term (one to two years), with 69 per cent seeing opportunity over the long-term (five to 10 years). That said, savvy companies can make short-terms gains on their long-term sustainability strategies.

According to Elm this may be a result of executives having only a partial understanding the opportunity of sustainability. He notes that, "for business, sustainability issues may be used to drive innovation, creating significant benefits for the bottom line and the environment. Best practice is to go after basic eco-efficiency first — stuff that reduces costs and greenhouse gas emissions almost immediately — before going after opportunities to grow sales or market share from things such as more sustainable products."

For example, Canadian Tire has reduced its carbon footprint and energy costs by equipping approximately 200 stores nationwide with Central Energy Management (CEM) technology. The CEM system controls the store's energy consumption and reports inefficiencies. The energy saved in the converted stores will reduce greenhouse gas emissions by 7629 metric tonnes — the equivalent of removing 1149 cars from the road per year — and will save the company approximately $3.4 million on energy costs every year.

Another one of Canadian Tire's strategies to maximize profitability while maintaining an environmentally sound business model is to source and sell innovative products, like its new line of Blue Planet car mats. Used tires are collected, processed, and transformed into car floor mats, extending the life cycle of one of Canadian landfills' most notorious inhabitants. "One pair of car mats removes one tire from landfills, so it's truly a win-win for the environment and the economy," notes Elm. "We bring our stewardship full circle, with the end result being a quality product."

It's possible for corporations to implement environmentally sustainable business practices without sacrificing bottom line profits. With proper financial planning and sound business strategies, sustainability can be good for business as well as the environment.

NEWS CANADA

"For sustainability to be effective and lasting in the corporate environment, it must create economic benefits in concert with environmental benefits."

TYLER ELM



News in brief

UWO faculty approve strike mandate

LABOUR In a vote last week, 57 per cent of eligible faculty members at the University of Western Ontario voted 87 per cent in favour of authorizing their union to call a strike. Further meetings will take place Oct. 12 and 13. Faculty association members will not be in a legal strike position until a no-board report has been requested and 17 days have passed after its authorization by Ontario's labour minister. METRO

Mount Allison opens Business Studies Centre

SCHOOL Two years after Tim Hortons co-founder Ron Joyce donated $5 million to Mount Allison University, the institution officially launched the Ron Joyce Centre for Business Studies. Joyce was on hand as the centre's director outlined his plan to make the centre one of the premier destinations for an undergraduate business education in Canada. New initiatives include increased opportunities for experiential learning, new exchange opportunities, and funds for new student bursaries. METRO



Fire Prevention Week October 3rd to 9th

METRO CUSTOM PUBLISHING



Smoke Alarms Save Lives - Don't Stay Home Without One

Smoke alarms can warn you of the presence of smoke and fire – if they are working properly.

Install smoke alarms on every level of your home, and outside all sleeping areas. If you sleep with your bedroom door closed, install a smoke alarm in the bedroom. Be sure it is interconnected with one outside the sleeping area.

Test all smoke alarms once a month to ensure they are working properly. Pick a day! Smoke alarms run on battery, wired directly into the electrical system, or are a combination of battery and electrical. Regardless of the type you have, follow the manufacturer's instructions for testing and maintaining. Smoke alarms do not last forever. Replace the alarm as per the manufacturer's recommendations, usually 6 – 10 years.

It is a good idea to test your smoke alarm at night while the family is sleeping to ensure the sound of the alarm will wake them up. Change the battery in all smoke alarms in the spring and fall when you change the time on your clock.

Fire Safety Tips For Students:

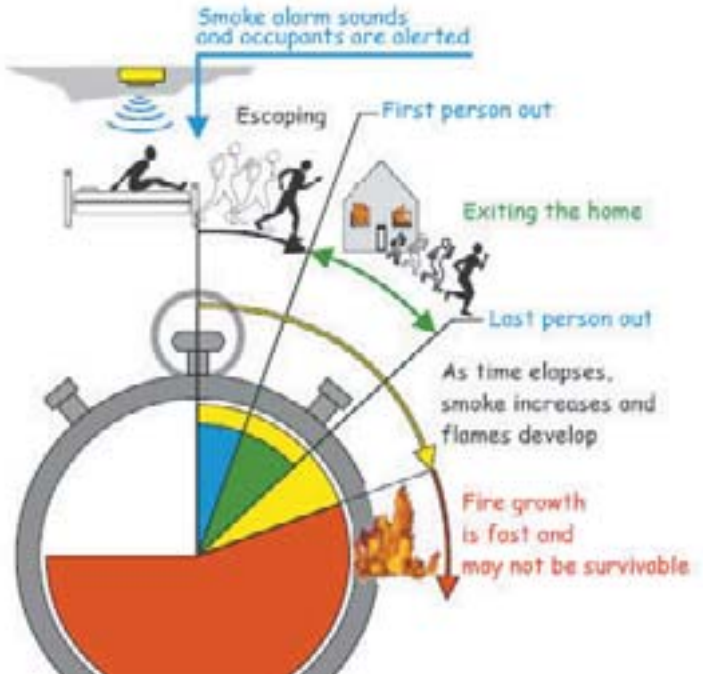
Fire exits

- Keep fire exits clear. DO not store bicycles, sporting equipment and garbage in hallways or stairwells
- Fire doors help contain smoke and fire. They do not function properly if they are wedged open or tied back
- It is against the law to tamper with exit doors, fire extinguishers, automatic sprinkler systems, automatic fire or smoke detection systems, or manual or automatic fire alarm systems
- Remember! Plan and practice two escape routes out of your home. It may save your life!
- For more great tips, head to halifax.ca/fireprevention

Fire Exits - Know Your Escape

If you had a fire in your home tonight, would you know how to escape safely? Every home should have a fire escape plan that shows how to get out if there is smoke or fire present. On a piece of paper, draw the floor plan of your home and include all doors and windows. Identify two escape routes that can be used to escape to safety.

Consider a fire escape ladder for windows located on a second or third storey. Choose a meeting place where everyone can meet and be accounted for. If you live in an apartment building, know the evacuation plan for your building. Review and practise your escape plan to make sure you will know what to do if fire strikes.



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Smooth sailing for traveling families



▶ More Canadians are taking the plunge and traveling with their children.

Travel was once considered a privilege for the wealthy. Yet over the years, it has become easier and less costly to visit places near and far, and more Canadians are taking the plunge and traveling with their children.

While it can be exhilarating to experience new cultures, customs and cuisines, it can also be overwhelming for parents to be in a new place with young children. Author and parenting expert Kathy Buckworth is no stranger to traveling with kids, and notes that it's important to prepare your family for what to expect before you board the flight or hit the road.

"No matter what kind of trip you are taking, whether it's an international flight or just a drive across the province to visit the grandparents, family vacations take a lot of planning and patience.

"One of the key things I recommend is to take the time to learn about the place you are going to before you get there. Leapfrog's Tag Reading System is the ideal solution for such an exercise, with math and logic puzzles, and a new interactive World Map that introduces geography and social sciences.

"The Tag Reading System is bound to invite interesting conversations and ensure everyone gets the most out of their time away from home."

NEWS CANADA

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Trip tips

Tips for your next trip:

- **Before you head out:** Do some research to learn about geography, key landmarks or cultural differences. Leapfrog developed a new World Map that works with the Tag reading system, which is a beautiful, full-colour rendering of geographical and political features, landmarks, and cultures, in an engaging form that will inspire kids to explore the world around them in an exciting, interactive way.
- **Make a choice:** Allow each family member to choose a favourite activity or hotspot they want to visit upon arrival.
- **On the way:** Bring a map or guidebook with you to show older children the route you're taking, and encourage younger children to enjoy the scenery as things change and pass by.
- **Once you arrive:** Encourage your children to play games like "I Spy" that will keep them focused visually. Ask them to "spy" things that are different from where you live as well as things that are the same.
- **Back home:** Create a scrapbook to document your family's favourite moments and memories. Include photos and comments to help capture the experience for years to come.

Share the magic of reading with your child

Parents know it is important to instill a love of learning in their children from a very young age.

The more their kids enjoy reading, the more they will stick with it to develop the necessary critical-thinking skills they need for a full and successful adult life. As such, story time often becomes an essential part of many bedtime routines, and some parents even read to their children before they are born. Whichever way you decide to share the magic of reading, the bottom line is you can never read enough.

Author and parenting expert Kathy Buckworth offers tips to make sure your love of reading gets passed on to your children.

Establish a routine

Choose a certain time of day and a place where reading will take place. This way, your children will think of reading as a familiar and comforting part of their day.

Make it a family occasion

Reading can be a wonderful activity to share as a family. Encourage your kids to choose a night of the week that they will share their favourite stories with other members of the family. This helps to keep reading exciting and interactive.

Above all, make reading fun

There are many tools available to help parents introduce a love of reading at any age. Leapfrog is a great educational brand that helps kids navigate their own personal reading journeys with the Tag reading system, enhancing the experience of learning to read so that kids love to read, each step of the way. With hard cover books, e-books, puzzles, games and geographical resources like the new World Map, Tag is an all-in-one learning tool that children will love to play with.

NEWS CANADA



Succulent holiday pork

- Not too many supermarkets carry the choicest cuts of pork
- For Thanksgiving, it's worth it


▶ Crown pork roast with Grand Marnier and apricot stuffing.

Crown pork roast is the juiciest, most succulent cut of pork. The roast comes from the rib portion of the loin, which is considered the tenderest of sections.

Shoppers who want to cook it for a special feast should order it from a local butcher shop, supermarket or farmers market well in advance as the crowns have to be specially prepared.

This recipe would be great for your family and guests this Thanksgiving.

Ingredients :

- 1 crown roast of pork (about 4.5 kg/10 lb)
- 250 ml dried apricots
- 250 ml Grand Marnier
- 125 ml butter
- 250 ml chopped celery
- 1 medium onion, chopped
- 1 pkg herb seasoned stuffing mix
- 125 ml slivered almonds
- 250 ml chicken broth
- 2 ml dried thyme
- Salt and pepper, to taste

Crown Roast of Pork
Preparation:

1 In a small saucepan, heat apricots and Grand Marnier to boiling. Remove from heat; set aside. In a large skillet over medium heat, melt butter. Add celery and onion; saute for 5 to 10 minutes. Transfer to a large mixing bowl. Add stuffing mix, apricots with Grand Marnier and almonds. Stir to combine. Heat broth to boiling. Pour over stuffing mixture. Add thyme, salt and pepper. Stir to combine.

2 Fill cavity of pork roast with large foil ball. Place roast in a roasting pan, bones pointing up. Cover bone tips with small pieces of foil to prevent burning. Roast uncovered in a 160 C (325 F) oven for 2 1/2 hours, basting occasionally with pan juices. Remove roast from oven. Drain off any excess fat.

3 Remove foil ball and fill cavity with stuffing. Cover stuffing with a small piece of foil to prevent drying. (Alternatively, place stuffing in a baking dish and cook in oven with roast.) Roast for another 1 1/2 hours or until meat thermometer reaches 68 to 70 C (155 to 160 F). Place roast on a carving board and allow to rest for 10 minutes. Slice between ribs to serve. Makes 12 to 14 servings.

THE ASSOCIATED PRESS

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▶ Andrew Gordon, left, of Porters Lake, was put on waivers yesterday as the Washington Capitals made their final cuts.

Porters Lake's Gordon cut by Washington

Gordon placed on waivers by Capitals Marchand still vying for spot with Bruins



MATTHEW WUEST
@METRONEWS.CA

Andrew Gordon was sent packing while Brad Marchand awaits his fate as teams continue to whittle down their lineups for today's NHL roster deadline.

The Washington Capitals made Gordon, a Porters Lake native, one of their final cuts yesterday, placing him on waivers for the purpose of reassignment to the American Hockey League's Hershey Bears.

"It's always a tough day telling a player he's not ready to play here, or he may have to go through waivers," Caps general manager George McPhee told the Washington Post. "That's the toughest part of the job, and today was as difficult as any day we've had doing it."

Gordon, a 24-year-old who was an AHL all-star last season, had a goal and an assist in three pre-season games with the Capitals.

Locals of note

- Other than Marchand, here's a look at locals who have either made an NHL roster for 2010-11 or are still vying for a spot:
- Cole Harbour's Sidney Crosby, Pittsburgh; Lower Sackville's James Sheppard, Minnesota (injured); Middle Sackville's Eric Boulton, Atlanta.
- Former Mooseheads Jakub Voracek, Columbus; Pascal Leclaire, Ottawa; Milan Jurcina, N.Y. Islanders; Jody Shelley, Philadelphia; Alex Tanguay, Calgary; J-S Giguere, Toronto; Alexandre Picard, Montreal.

Marchand, meanwhile, played his third pre-season game against the Liberec White Tigers in the Czech Republic yesterday, lining up with Gregory Campbell and Shawn Thornton in a 7-1 win. He has one pre-season goal. The Bruins are expected to decide between Marchand, 22, and tryout tough guy Brian McGrattan for their final forward spot.

Rosters must be set by 4 p.m. today.

Dartmouth dominance: Dry win championship

Dartmouth Moosehead Dry remains Nova Scotia's dominant senior baseball power.

For the 14th time in the past 18 years and the second year in a row, Moosehead Dry is the Nova Scotia Senior Baseball League champion.

The Dry ousted the Halifax Pelham Molson Canadians 5-4 last night at Beazley Field to take the best-of-seven series by a convincing 4-1 count.

"They were all close games, but when it came down to it, this team has a lot of champions on it," said first baseman Greg West. "This is just another notch in our belt, but this feels as good as the first one did."

West was named most valuable player of the post-season, capping an outstanding late-season run with a double last night.

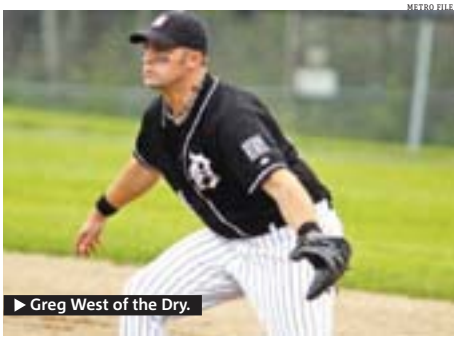
Joel Irvine and Colin Johnson helped out with two singles apiece, while Steve Nelson earned the victory and Jeff Reeves the save.

Dartmouth, which won silver at nationals at Beazley Field in August, will return to the event in 2011 in Chatham, N.B., courtesy of last night's triumph.

"When you look back, we're very proud of that silver medal, although we didn't feel (good about it) at the time," West said. "Now we get a chance to one-up it next year in Chatham."

MATTHEW WUEST/METRO HALIFAX

METRO FILE

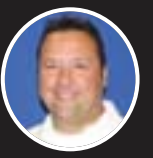


▶ Greg West of the Dry.

4 sports

Sports news

Eric Lavigne
The P.E.I. Rocket head coach had some pointed comments toward his team following a 6-1 loss to the Halifax Mooseheads Sunday. "Nothing happened," he told the Charlottetown Guardian. "That was the problem. We learned a hockey lesson: We don't compete, we don't win."





Alex Legge
The Dalhousie Tigers women's basketball guard was named one of Canadian Interuniversity Sport's "top eight" academic all-Canadians yesterday. Legge, in her fifth year at Dal, is studying medicine.

Scan code for sports

NLDS

Can Giants afford to sit $30.5M?

Aaron Rowand and Barry Zito account for nearly one-third of the San Francisco Giants' payroll this season, making $30.5 million US between them.

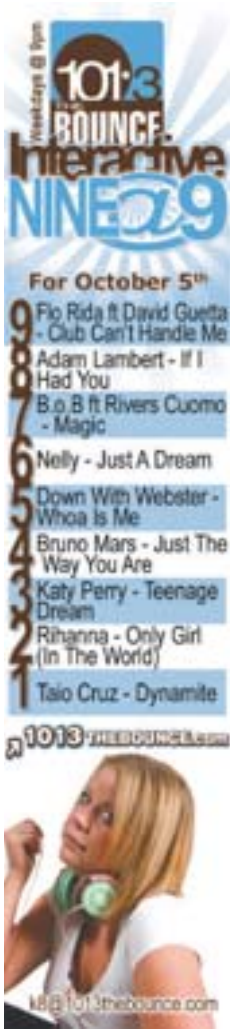
Now that their team is in the playoffs, it's unclear what role, if any, either struggling big-money player will have for the Giants in their division series against wild-card Atlanta. Game 1 is tomorrow night at AT&T Park.

It sure would be a lot of money on the sidelines if they are left off the roster. Many wonder if the Giants have the guts to send them both away for the best-of-five first round. Rosters expand in the best-of-seven championship series.

Zito looks nothing like his former dominant self from his days across San Francisco Bay in Oakland, where he won 23 games and the AL Cy Young Award in 2002. The 32-year-old lefty (9-14), signed to a $126-million US, seven-year deal before the 2007 season, was booed off the field when he left after a season-low three innings in Saturday's 4-2 loss to the San Diego Padres.

THE ASSOCIATED PRESS





Lowe gets the nod for Game 1

Derek Lowe, who won his last five starts of the regular season, will start for the Braves tomorrow in Game 1 of the NL division series at San Francisco.

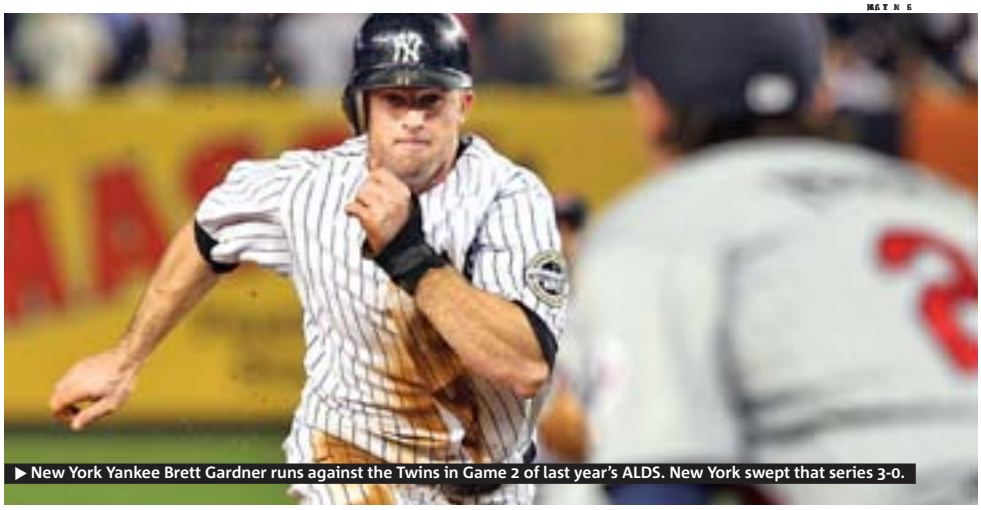
Atlanta manager Bobby Cox said yesterday Tommy Hanson and Tim Hudson will follow Lowe in the rotation.

Cox said Lowe or rookie Brandon Beachy would start if a fourth game is needed. Lowe would be pitching on three days' rest.

Lowe is peaking just in time for the post-season.

He was 5-0 with a 1.17 ERA in his last five starts.

THE ASSOCIATED PRESS



▶ New York Yankee Brett Gardner runs against the Twins in Game 2 of last year's ALDS. New York swept that series 3-0.

Can Twins escape from New York?

Yankees have a history of knocking Minnesota out of post-season

There has been nothing romantic about the underdog Minnesota Twins meeting the big, bad New York Yankees in the post-season.

There have been no heart-warming tales of the little guys overcoming long odds.

No Hollywood endings for the unlikely hero against the Evil Empire.

The Yankees are 9-2 against the Twins in the past decade in the first round of the AL playoffs, following 3-1 triumphs in 2003 and 2004, with a sweep last season. The domination likely has made the Yankees more hated in the Twin Cities than in any metro area outside of Boston.

YANKEES TWINS

▶ **Time:** Tonight, 9:30
Channel: SNET

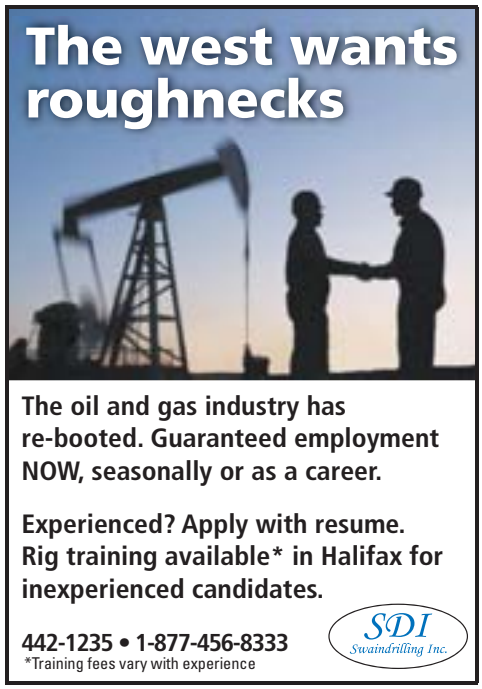
"The Yankees are a great team with a lot of great players," Twins manager Ron Gardenhire said yesterday.

"They have been doing it for a long time. And we had our share of playoff runs, too. And we've butted heads with them and they are not the easiest team to play. They create a lot of problems for everybody that faces them."

The latest chapter in what has been a lopsided rivalry begins tonight, when Francisco Liriano starts for the Twins in the opener against New York's CC Sabathia in the first outdoor post-season game in Minnesota since 1970. The Twins went an AL-best 53-28 at home in their first season at Target Field.

The defeats have come in every way imaginable for the Twins, from Mark Teixeira's 11th-inning home run in Game 2 last year to an 8-1 wipeout of ace Johan Santana in Game 4 at the Metrodome in 2003.

THE ASSOCIATED PRESS



Cammalleri accepts suspension for slash

Montreal Canadiens sniper Michael Cammalleri hopes to put behind him the one-game suspension he received for a two-handed slash to New York Islanders rookie Nino Niederreiter.

"My opinion would be an arbitrary one," Cammalleri said yesterday at the Canadiens' pre-season retreat in the Charlevoix region in eastern Quebec. "The league made a decision and we'll move on.

"The only opinion that has any creedence is the league's. I don't think it does any good to talk about the play. I don't have much to say about it."

When asked if he regretted the incident, Cammalleri said, "Yes, in some ways, but to be honest the less we talk about it the better."

Cammalleri was suspended for the Canadiens' season-opener for an incident that occured late in the second period of Montreal's 7-2 pre-season victory over the Islanders on Saturday night in Quebec City.

Angry over what he apparently felt was a blindside hit, Cammalleri cross-checked the Swiss forward, jabbed his stick in his face and then chased after him and delivered a two-handed slash to a skate.

Niederreiter left the game and was treated for a bruise behind his left knee that he said did not appear to be serious.

The suspension puts Cammalleri out of the Canadiens game tomorrow night in Toronto, his hometown. He will return for a game Saturday night in Pittsburgh.

"I'm not going to pretend I wasn't excited to start in Toronto," the 28-year-old said. "I've probably never felt this good going into the year, personally, physically or mentally.

"I also have a personal attachment to the city of Toronto. It will be hard, for sure, but we'll get a big win."

THE CANADIAN PRESS

Tomorrow

Read our full NHL preview section in tomorrow's issue of Metro.

Fiesta is stylish with more use of soft-touch materials than is usually found in this class of vehicle Ford has big hopes for its new 2011 small car entry Fiesta debuts in Los Angeles

HANDOUT



Ford will offer both a four-door sedan and five-door hatchback when the 2011 Fiesta is introduced next summer.

Ford banking on Fiesta to kick-off the party

LORNE DRURY
DRIVE@METRONEWS.CA

Instead of looking to bigger cars, Ford is going smaller to help spur new car sales growth in North America.

The 2011 subcompact Ford Fiesta is due here next summer after enjoying tremendous success in both Europe and China.

The North American version of the Fiesta is making its debut at the Los Angeles Auto Show Dec. 2-13.

Based on a platform designed by Mazda (and to be used on the Mazda2 being launched here next year as well), the Fiesta will come in two body styles — a four-door sedan and five-door hatchback. In Europe, only the hatchback is currently offered.

It is the seventh generation of the popular Fiesta line that has been one of the best-selling small cars in Europe for more than three decades.

It is coming back to North America after a short stint here in the late '70s. To say that the Fiesta is an important car for Ford is an understatement.

"Small cars are our largest opportunity for growth."
MARK FIELDS, PRESIDENT FORD AMERICAS

As Mark Fields, president Ford Americas, puts it, "Small cars are our largest opportunity for growth."

And considering that small cars make up more than a quarter of the entire automotive market, this is a huge segment that Ford has been neglecting for far too many years, concentrating instead on pickups and SUVs.

Ford now realizes that customers no longer buy small cars based on necessity alone.

That may have been the case in the past, particularly south of the border, but in Canada, buyers had been gravitating to small cars in much greater numbers, well before the fuel and credit crises arose.

If sales of the Fiesta in North America mirror those across the pond, Ford has a winner on its hands.

Lowdown

What to expect from the new Ford Fiesta

- **Awards** The new model has won 10 major awards in Europe already and sold more than 500,000 units in 2009 in Europe and Asia.
- **Big seller** Since its inception, the Fiesta has sold more than 12 million units worldwide.
- **Luxury** Ford says it will offer 15 class-exclusive technologies to add luxury and convenience usually found only in much more expensive vehicles.
- **Fuel** The Fiesta is expected to have best-in-class fuel economy, powered by a 1.6-litre DOHC inline-four-cylinder engine.
- **Colour** A vibrant array of colours will help the Fiesta stand out from the crowd, with shades like Lime Squeeze metallic, Red Candy and Bright Magenta among the more colourful.

Low rolling resistance tires can improve your gas mileage

If you want to get the most mileage out of a tank of gas, consider investing in low rolling resistance tires.

Rolling resistance, is a measure of the force that it takes to move your tires forward on the road. As you travel along, the weight of your vehicle "deforms" your tire tread where the rubber meets the road.

The resulting deformity generates heat between the tire and the road, which is then wasted in the form of heat as the tire rotates.

The only way for your engine to make up for the lost energy is through consuming fuel.

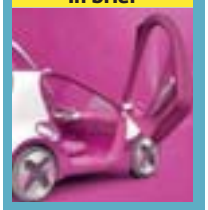
The heavier your vehicle, the more energy it burns to compensate. Who knew?

If new tires are on the horizon, consider low rolling resistance tires; some tire manufacturers are now boasting a 20 per cent reduction in rolling resistance through high-efficiency tires that reduce fuel consumption by about 4 per cent.

NEWS CANADA

5 drive

In brief



Kia's 2010 Paris Motor Show stand features striking design and new technologies. Taking centre stage and making its world premiere is the eye-catching, compact and unique electric POP concept, designed by Kia's European design team under the direction of Peter Schreyer, Kia's chief design officer, and Gregory Guillaume, Kia Europe's chief designer.
FROM CARGUIDE

Scan code for more car reviews and news









Big on everything but compromise. When we set out to design the all-new 2011 Jetta, we promised ourselves we wouldn't skimp on anything. In fact, maybe our engineers took that thinking a little too seriously. Because everything is just a little bit bigger and better, from the assertive front end to the impressive amount of trunk space.

So take in every sleek new angle. Gaze at each bold, clean line. Revel in the bevy of available features that we put into the all-new 2011 Jetta. And rest assured that it's got everything you've always loved about the Jetta. Plus a whole lot more. And to top it all off, ask your dealer about our special loyalty offer for Volkswagen owners.

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**This feature is optional on some models.

© 2011 Volkswagen Canada. European model shown with features and options that may not be available at the time of purchase. Volkswagen recommends keeping the ESP on under most driving conditions. *Base MSRP of a new 2011 Jetta base model with 6-speed manual transmission is $15,875, excludes up to $1,365 freight and PDI, license, insurance, registration, any dealer or other charges, options, and other applicable taxes. Dealer may sell for less. Dealer order/trade may be necessary. See vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, and "Jetta" are registered trademarks of Volkswagen AG.

Challenging luxury class

Equus looks to take market share from Lexus and Audi Hyundai entering unchartered territory

JIM ROBINSON
DRIVE@METRONEWS.CA



The Equus Signature comes extremely well equipped with features such as 19-inch chrome alloy wheels, air suspension system, lane departure warning system, adaptive cruise control, real wood interior, premium leather seating, Alcantara suede headliner and a Lexicon 7.1 discrete surround sound audio system.

Hyundai has literally stepped up to the big time with the 2011 Equus luxury sedan.

At 5.1 metres long, the Equus was designed and built to take on Audi A8, Lexus LS 460 and Mercedes-Benz S550.

Boasting available rear seats with massage function and a centre console that features a beverage cooler, the Equus also comes with just about every driver aid and creature comfort feature you can name.

More importantly, it marks a big step up into unchartered territory for the Korean carmaker.

While Hyundai sells oodles of small and mid-size trucks and cars, their bigger offerings have faced challenges.

The full-size Sedona minivan never sold well and the seven-seat Veracruz CUV is a rare sight on Canadian roads.

So what Hyundai is going to do differently this time around is make it personal.

Not only will they send specialist salespeople to the homes or offices of potential buyers but they will also drop off a car so a customer can take it for a spin on his/her own.

Only 27 dealers across the country in Quebec City, Montreal, Ottawa, Toronto (and the surrounding area), Edmonton, Calgary and Vancouver will be getting the car.

But is Canada ready for a Hyundai premium luxury car?

At over 2,000 kg, the Equus has a lot of weight to push around and does so surprisingly well for its bulk.

And here's where the perception/reality thing comes in.

It's a challenge Hyundai has faced before, and if history does repeat itself; watch out Lexus, Audi and Mercedes-Benz.

Price

How much will the Equus cost?

Expensive Price was still being negotiated when I drove it but I was told it would start at around $70,000. If this is the case; it is at least a third less than the cost of its main competitors.

My Drive

HEATHER BUCHAN

DRIVE@METRONEWS.CA



Celebrity chef driven by food

Why the Sebring?
It's comfortable. It's got great trunk space because when the top is down, it goes into the trunk. So when the top is up, the trunk is huge and offers great storage.

What is your dream car?
I think an Audi Quattro would be fun. But then I'd have to drive more aggressively I supposed because those cars aren't worth much when you're driving 60 km/hour (laughs).

Meet the driver



WHO IS SHE Celebrity chef Anna Olson

WHAT SHE DRIVES A brand new red 2010 Chrysler Sebring hardtop convertible

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Purchase a Vehicle From MacPhee Motor Mart between October 6th and October 30th and You will have a chance to win $5000 Cash!!
The first 100 customers who purchase a vehicle during the promotional period will receive a ballot for a chance to win the $5000 "Cash Grab"
Use your winnings for Christmas Shopping, a Vacation, Home Renovations or whatever you want!!
The draw will be held on November 3rd at 6 PM at 580 Portland Street Dartmouth, Nova Scotia.
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SIRIUS SATELLITE RADIO

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Retailer order/trade may be necessary. Retailer may sell for less. ^Consumer Cash Discounts are offered on most new 2010 and select 2011 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. ◆No Purchase Necessary. Contest opens 9:00AM ET October 6, 2010 and closes 11:59PM ET October 12, 2010. Three (3) Grand Prizes available to be won, each consisting of $5,000.00 cash. A random draw will be held on October 19, 2010 in Oakville, ON. Must be a resident of Nova Scotia, Prince Edward Island, New Brunswick or Newfoundland & Labrador and of the age of majority with a valid Canadian driver's license to be eligible to win. Odds of winning depend on the total number of eligible entries received. Correct answer to mathematical skill testing question required. Limit of one entry per person. For complete contest rules, including no purchase means of entry, go to: https://forms.chryslercanada.ca/thanksgivingevent. †0% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and Ally Credit Canada on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Canada Value Package and SE Plus, Journey SE Plus, Compass and Patriot 4x2, Wrangler Sport, Nitro 4x2, Liberty Sport 4x2, Dakota and Dakota Crew 4x2 and Ram 1500 Quad Cab ST 4x2. Finance charges are based on $1,000 financed at 0% APR over 36 months equals $27.78 monthly payments for a total obligation of $1,000. ‡Variable Prime Rate financing up to 84 months is offered on approved credit on most new 2010 and 2011 vehicles to qualified retail customers through TD Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84 month terms. Variable rate shown is based on TD and RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer not open to Quebec dealers. TD offer is not open to residents of Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. ††Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services is available at participating dealerships to qualified retail customers on most new 2010 and 2011 Chrysler, Jeep, Dodge and Ram models except Grand Caravan Cargo Van and Ram Chassis Cab. Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a $199 return fee and excess wear and tear, mileage and similar charges), financing the remaining balance for the rest of the amortization period at then-current standard rates or paying the residual balance in full. Some conditions apply. Customer Choice Financing in Quebec is subject to different terms and conditions. Examples: 2010 Dodge Journey SE (22F)/2010 Dodge Grand Caravan Canada Value Package (24F)/2011 Ram 1500 Quad Cab SXT 4x4 (24A+AGR)/2011 Jeep Grand Cherokee Laredo (26E) with a Purchase Price of $18,499/$19,999/$27,499 financed at 4.99%/4.99%/4.99%/2.99% APR over 60/60/60/60 months with payments amortized over 80/76/90/81 months equals 130 bi-weekly payments of $125/$141/$170/$237 and one final payment of $5,273/$4,845/$10,280/$10,385 for a cost of borrowing of $3,061/$3,209/$4,835/$3,661 and a total obligation of $21,560/$23,208/$32,334/$41,160. Freight ($1,400), taxes, licence, insurance, registration, excess mileage and wear and tear charges, any dealer administration fees and other applicable fees and charges not included. Retailer may sell for less. See participating retailers for complete details. $2010 Dodge Journey R/T AWD/2010 Dodge Grand Caravan SXT shown have a higher price than the 2010 Dodge Journey SE Canada Value Package advertised. 2011 Ram 1500 Crew Cab Outdoorsman in Hunter Green shown has a higher price than the 2011 Ram 1500 Quad Cab SXT 4x4 advertised. See your retailer or go to www.dodge.ca for complete details. ∞Loyalty Bonus Cash is offered on most 2010 and 2011 models (with the exception of 2010 Dodge Caliber SE, 2010 Jeep Compass and Patriot 4x2, 2010 Jeep Wrangler Sport, 2010 Dodge Journey SE, 2010 Dodge Grand Caravan C/VP and Cargo Van (CA)) and is deducted from the negotiated price after taxes. Eligible customers include those with Gold Key Lease maturity dates between November 1, 2010 and January 3, 2011. Some conditions apply. See your retailer for complete details. ◊Based on January through June 2010 FIL. ◊◊Based on calendar year to date market share gain. ^SiriusXM and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. ©Customer Choice Financing is a trademark of Chrysler Group LLC.

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CASH DISCOUNTS OF UP TO $6,500



JUST ANNOUNCED!

THE NEW 2011 RAM 1500 QUAD CAB SXT 4X4
CANADA'S FASTEST GROWING CHOICE OF LIGHT DUTY PICKUP°

PURCHASE FOR
$27,499•
INCLUDES $6,250 CONSUMER CASH.•

2011 Ram 1500 Crew Cab Outdoorsman in Hunter Green shown.¹

OR CHOOSE

$168 BI-WEEKLY
@
A VARIABLE PRIME RATE OF
3.00%‡
FOR 84 MONTHS

OR CHOOSE

CUSTOMER CHOICE FINANCING
$170 BI-WEEKLY @ **4.99%**†† FOR 60 MONTHS AND $0 DOWN
WITH THE OPTION TO RETURN AFTER 60 MONTHS

STEP UP FOR ONLY **$19** MORE BI-WEEKLY WITH CUSTOMER CHOICE FINANCING

THE NEW 2011 RAM 1500 QUAD CAB SLT 4X4
- Remote Keyless Entry • 17" Aluminum wheels
- SIRIUS® Satellite Radio (includes one year of service)
- Temperature and compass gauges
- Premium interior door trim • Overhead console
- Power sliding rear window

NO CHARGE HEMI® ENGINE



ALL NEW 2011 JEEP GRAND CHEROKEE LAREDO

- New 3.6L Pentastar™ V6 delivering 32 MPG Highway & 290 hp
- New Premium Interior & 4-Wheel Independent Suspension
- Passive Entry Keyless Enter-n-Go
- Quadra-Trac I® 4-Wheel Drive System
- More than 45 Safety & Security Features
- Leather-wrapped steering wheel with audio controls

2011 Jeep Grand Cherokee Laredo shown.

$229 BI-WEEKLY
FOR 84 MONTHS
@
A VARIABLE PRIME RATE OF
3.00%‡

OR CHOOSE

CUSTOMER CHOICE FINANCING
$237 BI-WEEKLY @ **2.99%**†† FOR 60 MONTHS AND $0 DOWN
WITH THE OPTION TO RETURN AFTER 60 MONTHS

YOU COULD **WIN**♦ 1 OF 3 CASH PRIZES OF $5,000
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Sporty, not a spotty past

Last-gen Sentra is sporty and comfortable But be sure to check for any recall work that's be done

SECOND GEAR

JUSTIN PRITCHARD
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If test driving any used Sentra, be sure to listen for any strange squeaking or rubbing noises from the front end.

The specs

- **MODEL** 2001 to 2006 Nissan Sentra
- **VEHICLE TYPE** Compact Sedan
- **APPROXIMATE USED PRICE RANGE** $2,500 to $9,500

The last-generation Sentra brought Nissan's generations-old nameplate into the compact car class formerly occupied by the Altima- — which itself also sized-up back in 2001. Competing with machines like the Civic, Corolla and G5, the Nissan Sentra brought the brand's knack for sporty and stylish vehicles to the highly competitive marketplace.

The four-door model got a selection of four-cylinder engines, starting with a 1.8 liter unit with 126 horsepower. Optionally available was a 2.0 liter mill with 145. Manual or automatic transmissions were both available.

Look for staple features like power locks, windows, and mirrors, cruise control, tilt steering, and remote entry. Tinted glass, a sunroof, alloy wheels and fog-lamps were also available, depending on the model selected.

What Owners Like

Most owners comment positively on the Sentra's relative bang-for-the-buck in the features and fun departments. Engineers seem to have struck a nice balance between ride comfort and handling, and many owners rave about the up-level stereo system, Finally, many owners note that the Sentra offers a surprising amount of leg-room, relative to its overall size.

What Owners Hate

Common complaints include cheap interior trim materials, a noisy engine, and some squeaks and rattles as the car ages.

Common Issues

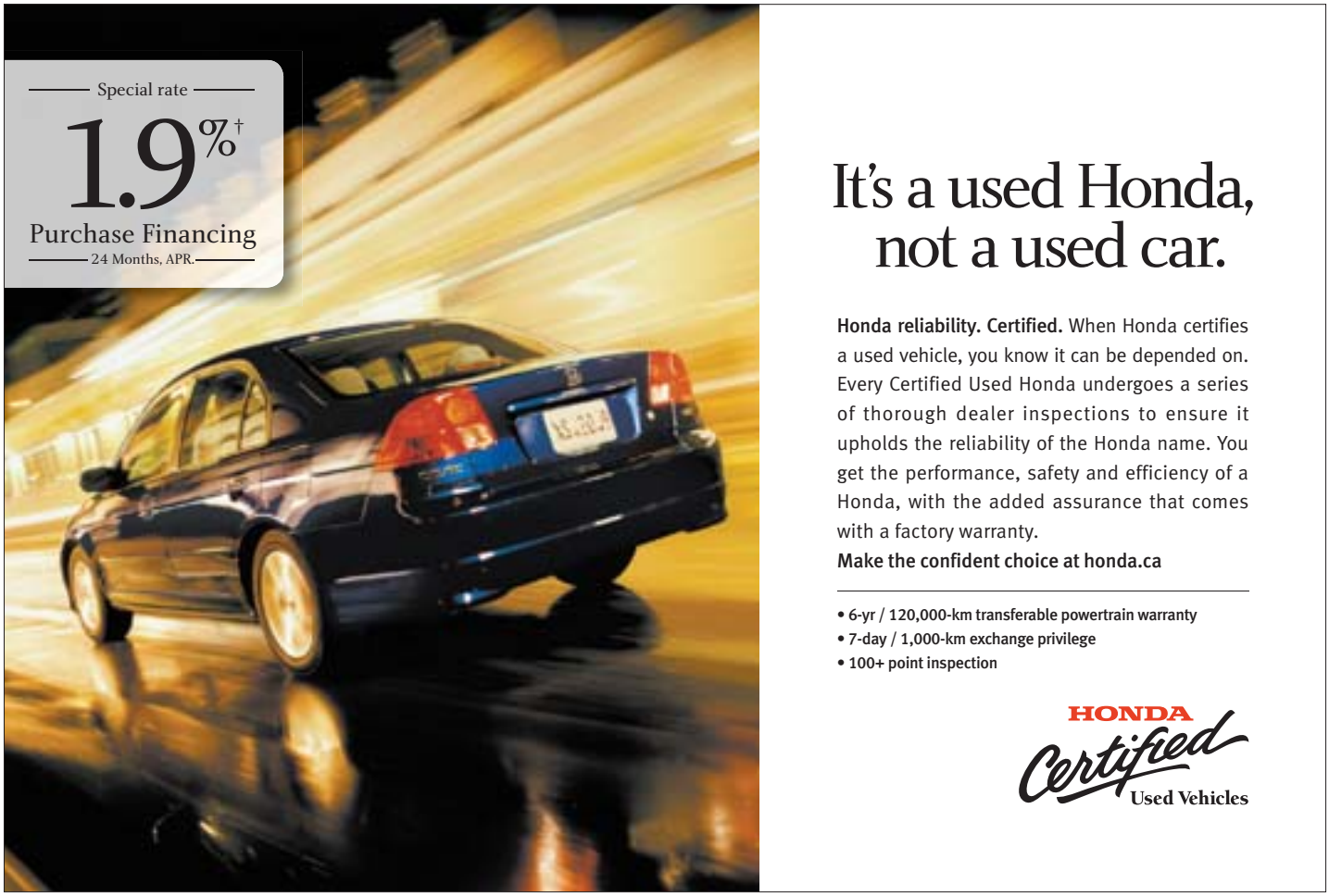
A failure to start, or random engine stalling, could be caused by a corrosion-promoting foam used in the engine computer module that slowly decomposes and releases small amounts of corrosive gas into the computer.

This can ruin computer connections and lead to a slew of drivability problems and 'check engine light' illumination. This problem could be frustrating, but it's an easy fix– as well as a recall item.

The verdict

Your safest bet in a used Nissan Sentra will be a Nissan-serviced model that's familiar to the selling dealer and has had all the manufacturer's recall work completed.

If everything checks out, you'll likely enjoy one of the compact car market's sportier contenders.



†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V (2005–2009 model years). Finance example based on 2005 Honda Civic model: $10,000 at 1.9% per annum equals $424.96 per month for 24 months. Cost of borrowing is $199.04 for a total obligation of $10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires October 31, 2010.

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An impressive line-up with impressive offers are right here, right now.

0% APR FOR UP TO 60†† MONTHS PURCHASE FINANCING on select 2011 models

plus

NO EXTRA CHARGE‡‡ WINTER SAFETY PACKAGE

- Winter Tires
- Steel Rims
- Tire Pressure Monitoring System

with the purchase or lease of select 2010/2011 models.









5 door SEL Model Shown

2011 FOCUS SE

with No-Extra Charge Winter Safety Package

Own for only

$139 @ 0%* APR

Bi-weekly financed over 60 months

with $0 down payment.

Offer excludes taxes and freight.

Includes No-Extra Charge Heated Seats & No-Extra Charge Sport Appearance Package

- Fog Lamps
- Rear Decklid Spoiler
- 15" Alloy Wheels

Only available on SE Model

Offer excludes taxes and freight.

2011 ESCAPE XLT I4

with No-Extra Charge Winter Safety Package

Own for only

$185 @ 3.99%* APR

Bi-weekly financed over 72 months

with $0 down payment.

Offer excludes taxes and freight.

Or get 0% APR for 48†† MONTHS

Purchase Financing

Offer excludes taxes and freight.

2011 FIESTA S

with No-Extra Charge Winter Safety Package

Own for only

$103 @ 6.99%* APR

Bi-weekly financed over 72 months

with $0 down payment.

Offer excludes taxes and freight.

Smart On Fuel

Fuel economy

53 MPG – 5.3L/100km (Hwy)

40 MPG – 7.1L/100km (City)^

Offer excludes taxes and freight.

AVAILABLE EXCLUSIVELY FROM FORD



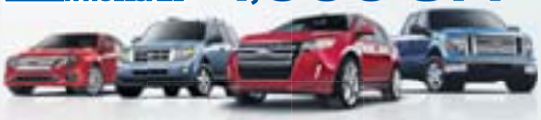
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In Partnership with Summerhill Impact, Car Heaven, Retire Your Ride – Canada's Vehicle Recycling Program

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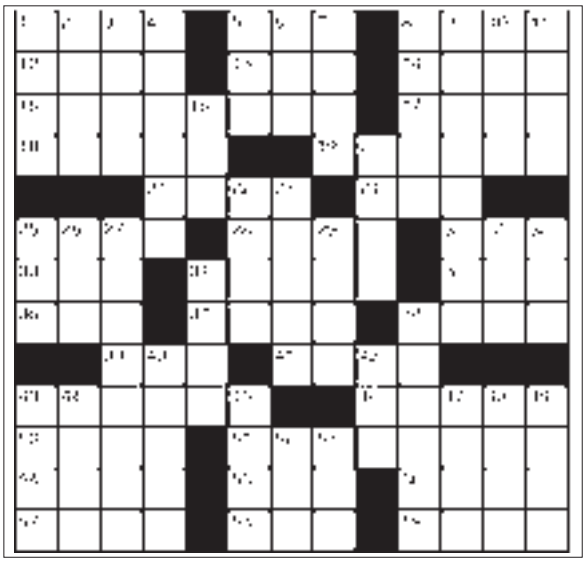
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Crossword



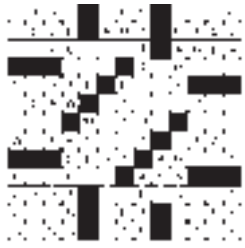
Across

1 Destiny
5 Boar's mate
8 Flat-bottomed boat
12 Composer Novello
13 — Beta Kappa
14 Corduroy ridge
15 Sad
17 Largest of the seven
18 Title-holder
19 Dr. Seuss' elephant
21 Harmonization
24 Chartres chum
25 Send forth
28 Actor Estrada
30 Spinning meas.
33 Tavern
34 Nourishes
35 Raw rock
36 Kinsman, briefly
37 Hurler Hershiser
38 Entanglement
39 Promptly
41 Actress Moore
43 Rook
46 A Musketeer
50 Settled down
51 Negative aspect
54 Fashion
55 Festive
56 Singer Sheryl
57 Noble
58 Prior to
59 His and —

Down

1 Loyal pooch
2 Acknowledge
3 Village
4 Hemingway or Borgnine
5 Masseur's workplace
6 Sounds of surprise
7 Accompanying
8 Honey bunch?
9 Able to withstand anything
10 Hodgepodge
11 Withdraw from a habit
16 Weep
20 Erstwhile acorns
22 — -do-well
23 Words to live by
25 Recede
26 Scratch
27 Raymond Burr role
29 Between jobs
31 Expert
32 Encountered
34 Chicks and ducks and geese
38 Lowbrow stuff
40 Playful water critter
42 Chap
43 A summer place
44 Lotion additive
45 Advantage
47 Employ
48 Stench
49 Wields a needle
52 Rowing need
53 It's between ex and zee

▶ Yesterday's answer



Sudoku

	1						4	
	2	5		7		1	6	
8			2		4			7
		1	4		3	2		
		8	9		6	4		
1			6		5			9
	8	6		4		3	5	
	7						2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	5	3	7	8	9	2	4	6
2	8	7	4	6	1	5	9	3
9	6	4	2	3	5	1	7	8
3	1	5	9	2	7	8	6	4
4	7	6	3	1	8	9	2	5
8	2	9	5	4	6	7	3	1
7	9	1	6	5	3	4	8	2
6	4	8	1	9	2	3	5	7
5	3	2	8	7	4	6	1	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Zig, I (heart) you. I love sharing the horoscope with you. You're my sister from another mother. Soldiers of love forever my zemra. Big hug.
MILA#2

Babe, I can't believe that it's been a year and a half already. Every day that I get to spend with you is a treat, even if we're just playing Borderlands or Fat Princess ;). I love you so much, and I can't wait to see you again. Mahal kita!
GINGERBEAR

Happy birthday Stevie! Have an awesome day birthday boy! I can't wait to see you, you're amazing :).
MEG; PS ILLY

Sadiki, you are my rock, my prince, and i never knew what love is until i met u love you forever and always.
143 LIZ

hey rockstar, you make plane rides and saying goodbye on fridays unforgettable. it's fun to be us. wish I met you earlier in life.
XOXO, LADYLUCK.



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Your rivals may look cool and confident but they are more worried about you than you need be about them. Yes, they have the upper hand for the time being but your time will come, and quickly.

♉ Taurus April 21-May 21 Reach out to those you work and do business with and convince them that together you can make things happen. A positive attitude is a must today.

♊ Gemini May 22-June 21 Practical problems require practical solutions and you need to grasp that fact quickly. Great things are possible for you now, but they must be based on tried and trusted methods.

♋ Cancer June 22-July 22 You may have to explain why you have made certain decisions but you don't have to be defensive about it. Loved ones and work colleagues will forgive you almost anything now, so own up to your sins in fact, be proud of them!

♌ Leo July 23-Aug.23 It may be easy to criticize certain individuals but that does not mean you have to do it. They are well aware of their faults and failings.

♍ Virgo Aug. 24- Sept. 22 This is a good time for business activities, and also for partnerships, so get together with people whose talents you admire and find ways you can work together for your mutual benefit.

♎ Libra Sept. 23-Oct. 23 The imminent new moon in your sign means you must do something creative, something that makes the most of your many talents.

♏ Scorpio Oct. 24-Nov. 22 Write down your most important aims today, because if you don't you may forget them and that would be such a waste. Making a note of them will convince your subconscious that you are serious.

♐ Sagittarius Nov. 23-Dec. 21 Put on a confident front and make sure those around you believe you have what it takes. If you look confident you will feel confident, and if you feel confident you will succeed.

♑ Capricorn Dec. 22-Jan. 20 Others can bend the rules if that's what they think it takes to succeed but you know it's unnecessary. Cosmic activity in the career area of your chart promises you won't lose out by being honest.

♒ Aquarius Jan. 21-Feb. 18 You need to move out of your comfort zone and try things that don't come naturally to you. Push yourself just a little bit harder and a little bit further each and every day.

♓ Pisces Feb. 19-March 20 Some people will disapprove of what you are aiming to do, but that won't stop you – in fact it will make you even more determined.

SALLY BROMPTON

Caption contest

JON SUPER/THE ASSOCIATED PRESS

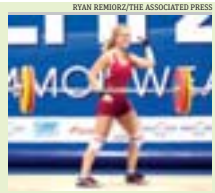


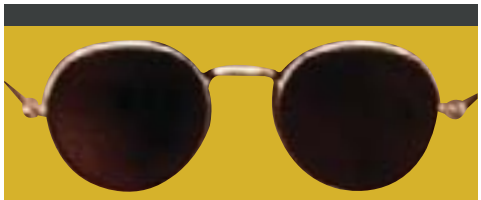
WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

RYAN REMIORZ/THE ASSOCIATED PRESS





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